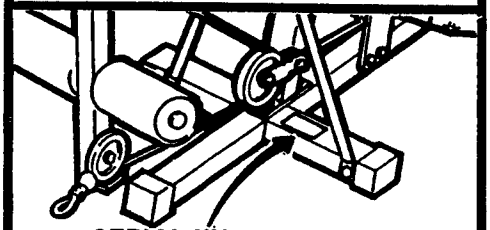
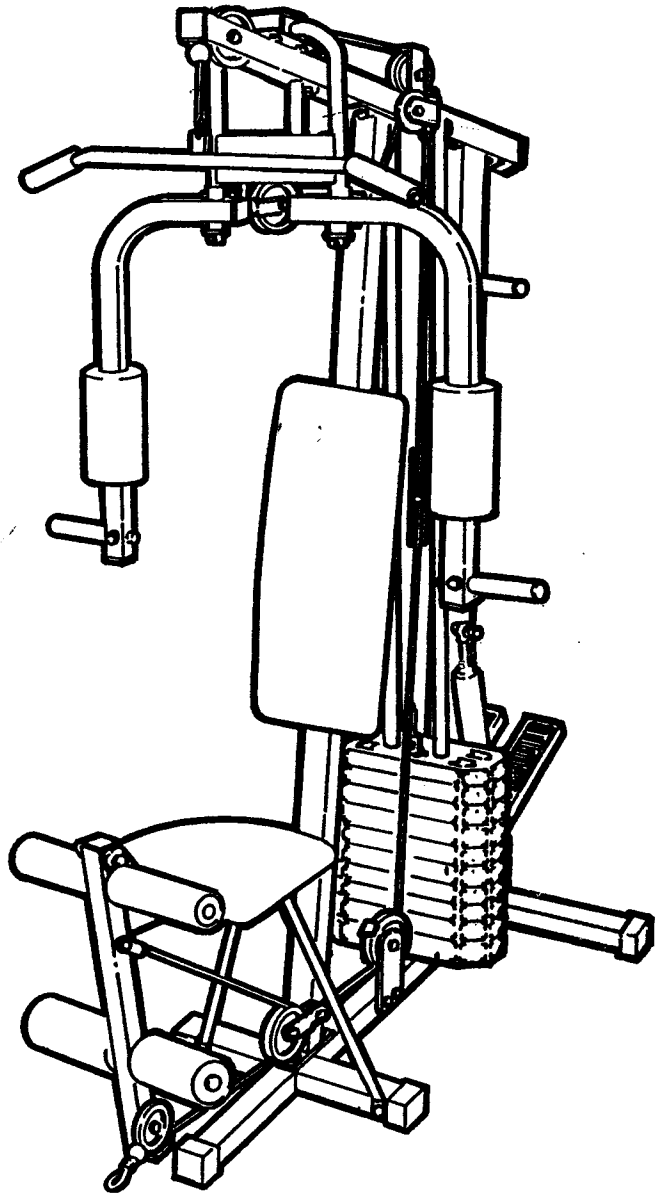
70032 ULTRAFORCE XT

MODEL NO. 70032
SERIAL NO.
Write the serial number in the space above for reference.



SERIAL NUMBER DECAL



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

weider®

OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

70032 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	BASE "T"	1	C3211-F29*F29
2	REAR BASE	1	C3212-F29*F29
3	STEPPER FRAME UPRIGHT	1	C3213-F29*F29
4	ARM PRESS FRAME UPRIGHT	1	C3214-F29*F29
5	SEAT FRAME	1	C3215-F29*F29
6	PULLEY PLATE	1	C6775-F29*F29
7	STEPPER BRACE	1	C6776-F29*F29
8	TOP FRAME	1	C3216-F29*F29
9	ARM PRESS BRACKET	1	C6777-F29*F29
10	SEAT BRACE	1	C6778-F29*F29
11	SEAT MOUNTING PLATE	1	C6779-F29*F29
12	WEIGHT PLATE 12.5 LB.	10	BB-0325*F29
13	WEIGHT SELECTOR TUBE	1	C6384-F29*F29
14	GUIDE ROD	2	C6827-F29*F29
15	SEAT	1	C1379-F29*F29
16	BACKREST	1	C1380-F29*F29
17	LEG EXTENSION TUBE	1	C3217-F29*F29
18	PAD BAR 3/4" x 12 1/2"	1	C6371-F20*F29
19	PAD BAR 3/4" x 13 1/2"	1	C6357-F03*F29
20	FOAM ROLLER 3" x 5 3/4"	2	C0454-E04*F29
21	FOAM ROLLER 2 1/4" x 6"	2	C0449-E08*F29
22	ARM PRESS ASSEMBLY	1	C3218-F29*F29
23	ARM PRESS BUSHING	2	AA-8208*F29
24	ARM PRESS CAP	1	C6783-F29*F29
25	PEC-DECK ARM	2	C3219-F29*F29
26	U-BRACKET	3	C6780-F29*F29
27	ARM PRESS HANDLES	2	C6385-F29*F29
28	PULLEY BRACKET	2	C6781-F29*F29
29	PULLEY TRAP BRACKET	1	C6782-F29*F29
30	FOAM ROLLER 3 1/4" x 7"	2	C0467-F23*F29
31	STEPPER PEDAL 1" x 3" RIGHT	1	C3220-F29*F29
32	STEPPER PEDAL 1" x 3" LEFT	1	C3220-F29*F29
33	RESISTANCE CYLINDER	2	ZZ-0006*F29
34	CYLINDER MOUNTING BRACKET	2	C6742-E28*F29
35	FOOT PADS	2	AA-8209*F29
36	STEPPER HANDLE	1	C6333-E28*F29
37	PEC-DECK CABLE 127" LONG	1	C6637-F29*F29
38	WEIGHT STACK CABLE 79" LONG	1	C6638-F29*F29
39	LEG EXTENSION CABLE 49" LONG	1	C6639-F29*F29
40	LAT BAR	1	C6269-F29*F29

70032 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
41	FOAM GRIP 1" x 5"	6	C0439-D19*F29
42	CABLE TRAP BRACKET	4	C6725-E28*F29
43	BENT PULLEY BRACKET	2	C6726-E28*F29
50	4 1/2" PULLEY	4	AA-8122*F29
51	3 1/2" PULLEY	6	AA-8133*F29
52	PULLEY CONNECTOR PLATE	2	C6700-D23*F29
60	5/16" x 2 1/4" HEX HEAD BOLT	9	HH-5199*F29
61	5/16" x 2 1/2" HEX HEAD BOLT	6	HH-5053*F29
62	5/16" x 2 3/4" HEX HEAD BOLT	8	HH-5858*F29
63	5/16" x 3" HEX HEAD BOLT	3	HH-5167*F29
64	5/16" x 1" HEX HEAD BOLT	2	HH-5332*F29
65	5/16" x 1 1/2" HEX HEAD BOLT	5	HH-5312*F29
66	5/16" x 2" HEX HEAD BOLT	3	HH-5054*F29
67	5/16" x 3 1/4" HEX HEAD BOLT	1	HH-5297*F29
68	5/16" x 3/4" HEX HEAD BOLT	1	HH-5245*F29
70	5/16" FLAT WASHER	26	HH-5127*F29
71	5/16" NYLON LOCK NUT	38	HH-5012*F29
72	3/8" x 2 1/2" HEX HEAD BOLT	1	HH-5018*F29
73	3/8" x 1 3/4" HEX HEAD BOLT	9	HH-5308*F29
74	3/8" x 2 3/4" HEX HEAD BOLT	1	HH-5036*F29
78	3/8" FLAT WASHER	4	HH-5265*F29
79	3/8" NYLON LOCK NUT	11	HH-5088*F29
80	1/4" x 2 1/2" CARRIAGE BOLT	2	HH-5333*F29
81	1/4" x 3/4" MACHINE SCREW	8	HH-5022*F29
82	1/4" x 2 1/2" MACHINE SCREW	2	HH-5044*F29
83	1/4" x 1 1/2" HEX HEAD BOLT	2	HH-5027*F29
84	1/4" x 1 3/4" HEX HEAD BOLT	1	HH-5024*F29
86	1/4" FLAT WASHER	3	HH-5048*F29
87	1/4" NYLON LOCK NUT	9	HH-5011*F29
88	#8 SHEET METAL SCREW	4	HH-5449*F29
89	LATCH HOOK	1	WW-7042*F29
90	1 1/8" x 2 1/2" PLASTIC BUSHING	2	AA-8210*F29
91	1/2" x 1/2" ZINC BUSHING	1	HH-5459*F29
92	SPACER 1/2"	2	HH-5390*F29
93	1 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8001*F29
94	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F29
95	2" SQUARE PLASTIC COVER CAP	5	AA-8015*F29
96	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F29
97	1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069*F29
98	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*F29
99	1" ROUND PLASTIC INSERT CAP	8	AA-8005*F29

70032 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
100	1" ROUND PLASTIC COVER CAP	2	HH-5348*F29
102	5/8" RETAINER RING	2	HH-5422*F29
103	1" RETAINER RING	2	HH-5423*F29
104	1 1/4" SQUARE END BUSHING	4	AA-8137*F29
105	1"OD x 1" LONG BUSHING	1	AA-8211*F29
106	5/8" LONG METAL SPACER	2	HH-5413*F29
107	5/8" ID FLAIR END SPACER BUSHING	2	AA-8148*F29
108	5/8" ID PLASTIC SPACER	2	AA-8146*F29
109	BUSHING 1/2" x 3/4"	1	HH-5346*F29
110	WEIGHT SELECTOR END TUBE CAP	1	AA-8123*F29
111	TENSIO KNOB	2	HH-5400*F29
112	1 3/16" x 2" LARGE WASHER	2	HH-5460*F29
113	3/8" x 8 1/2" WEIGHT SELECTOR PIN	1	WW-7013*F29
114	LARGE RUBBER WASHER	2	AA-8124*F29
115	LOCKING PIN 5/16" x 5'	2	WW-7065*F29
120	WEIGHT PLATE DECALS	1 SET	DE4249*F29
121	STATION 1 DECAL	1	DE-4249*F29
122	POWER STACK DECAL	1	DE-4249*F29
123	ULTRA FORCE XT DECAL	2	DE-4249*F29
124	STATION 2 DECAL	1	DE-4249*F29
125	STEPPER RESISTANCE DECAL	2	DE-4249*F29
	ASSEMBLY MANUAL	1	NN-1186*F29
	TRAINING MANUAL	1	NN-1187*F29
	HARDWARE BAGS		
	STEPS 1 - 4	1	C5965-F29*F29
	STEPS 5 - 9	1	C5966-F29*F29
	STEPS 10 - 13	1	C5967-F29*F29
	STEPS 14 - 17	1	C5968-F29*F29
	PULLIES	1	C5969-F29*F29
101	1 3/4" SQUARE PLASTIC INSERT CAP	4	

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL-BEING. Joe Weider

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.

3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK X AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

4. YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

5. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES, OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.

6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.

7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.

8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.

9. IN ASSEMBLY, WHEN THERE ARE INSTRUCTIONS THAT INDICATE THE USE OF A WASHER WHEN BOLTING, IT IS VERY IMPORTANT TO USE THE WASHER IN EACH PLACE SHOWN. THE WASHERS ARE USED TO DISTRIBUTE THE LOAD ON THE BOLT AND ARE VERY IMPORTANT.

10. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.

11. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

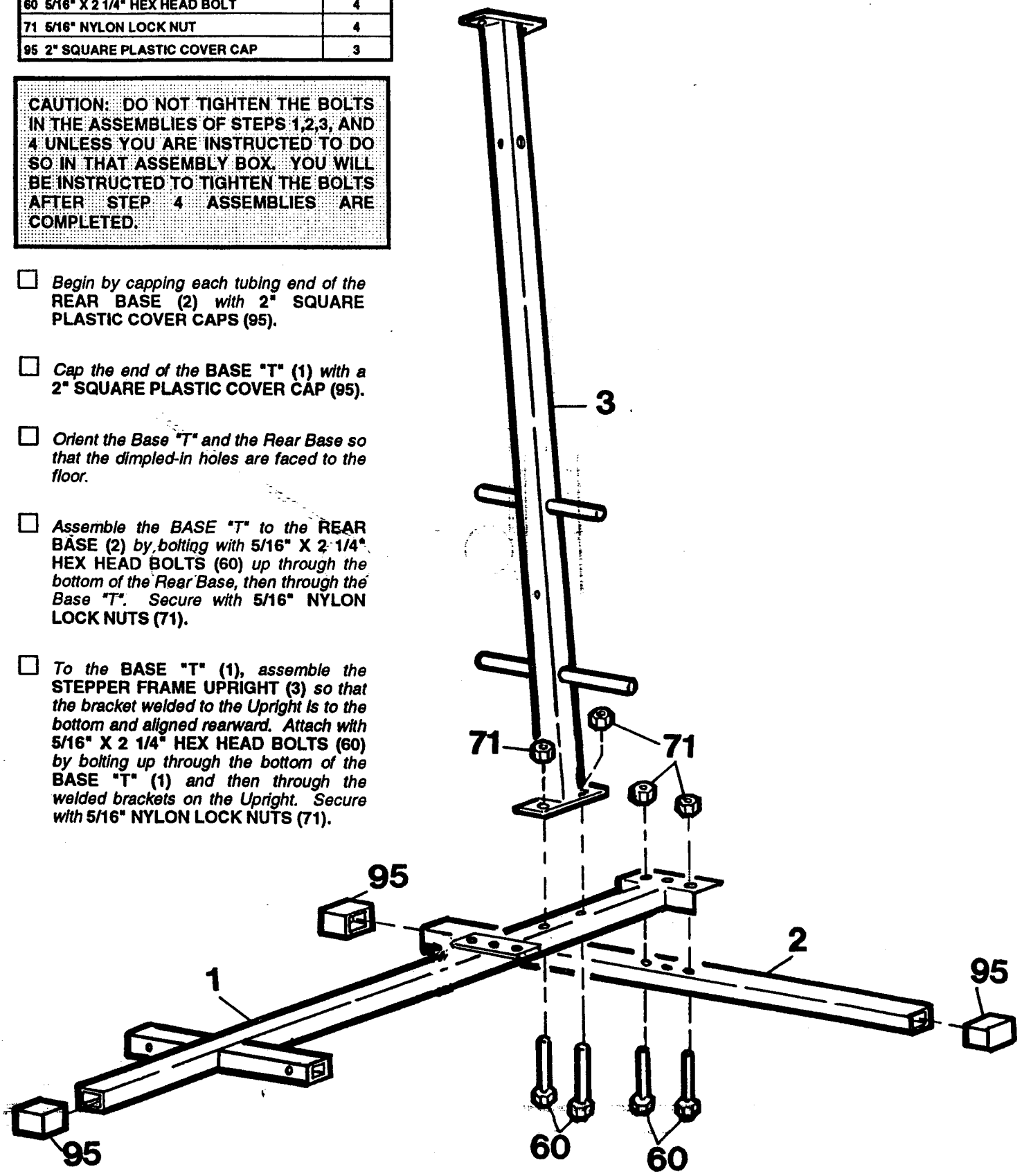
12. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL. NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	4
71 5/16" NYLON LOCK NUT	4
95 2" SQUARE PLASTIC COVER CAP	3

CAUTION: DO NOT TIGHTEN THE BOLTS IN THE ASSEMBLIES OF STEPS 1,2,3, AND 4 UNLESS YOU ARE INSTRUCTED TO DO SO IN THAT ASSEMBLY BOX. YOU WILL BE INSTRUCTED TO TIGHTEN THE BOLTS AFTER STEP 4 ASSEMBLIES ARE COMPLETED.

- ☐ *Begin by capping each tubing end of the* **REAR BASE (2)** *with* **2" SQUARE PLASTIC COVER CAPS (95).**
- ☐ *Cap the end of the* **BASE "T" (1)** *with a* **2" SQUARE PLASTIC COVER CAP (95).**
- ☐ *Orient the Base "T" and the Rear Base so that the dimpled-in holes are faced to the floor.*
- ☐ *Assemble the BASE "T" to the* **REAR BASE (2)** *by bolting with* **5/16" X 2 1/4" HEX HEAD BOLTS (60)** *up through the bottom of the Rear Base, then through the Base "T". Secure with* **5/16" NYLON LOCK NUTS (71).**
- ☐ *To the* **BASE "T" (1),** *assemble the* **STEPPER FRAME UPRIGHT (3)** *so that the bracket welded to the Upright is to the bottom and aligned rearward. Attach with* **5/16" X 2 1/4" HEX HEAD BOLTS (60)** *by bolting up through the bottom of the* **BASE "T" (1)** *and then through the welded brackets on the Upright. Secure with* **5/16" NYLON LOCK NUTS (71).**



STEP 2 ARM PRESS & SEAT FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	2
61 5/16" X 2 1/2" HEX HEAD BOLT	2
62 5/16" X 2 3/4" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	6
93 1 1/2" SQUARE PLASTIC INSERT CAP	1
97 1 1/4" SQUARE PLASTIC INSERT CAP	1

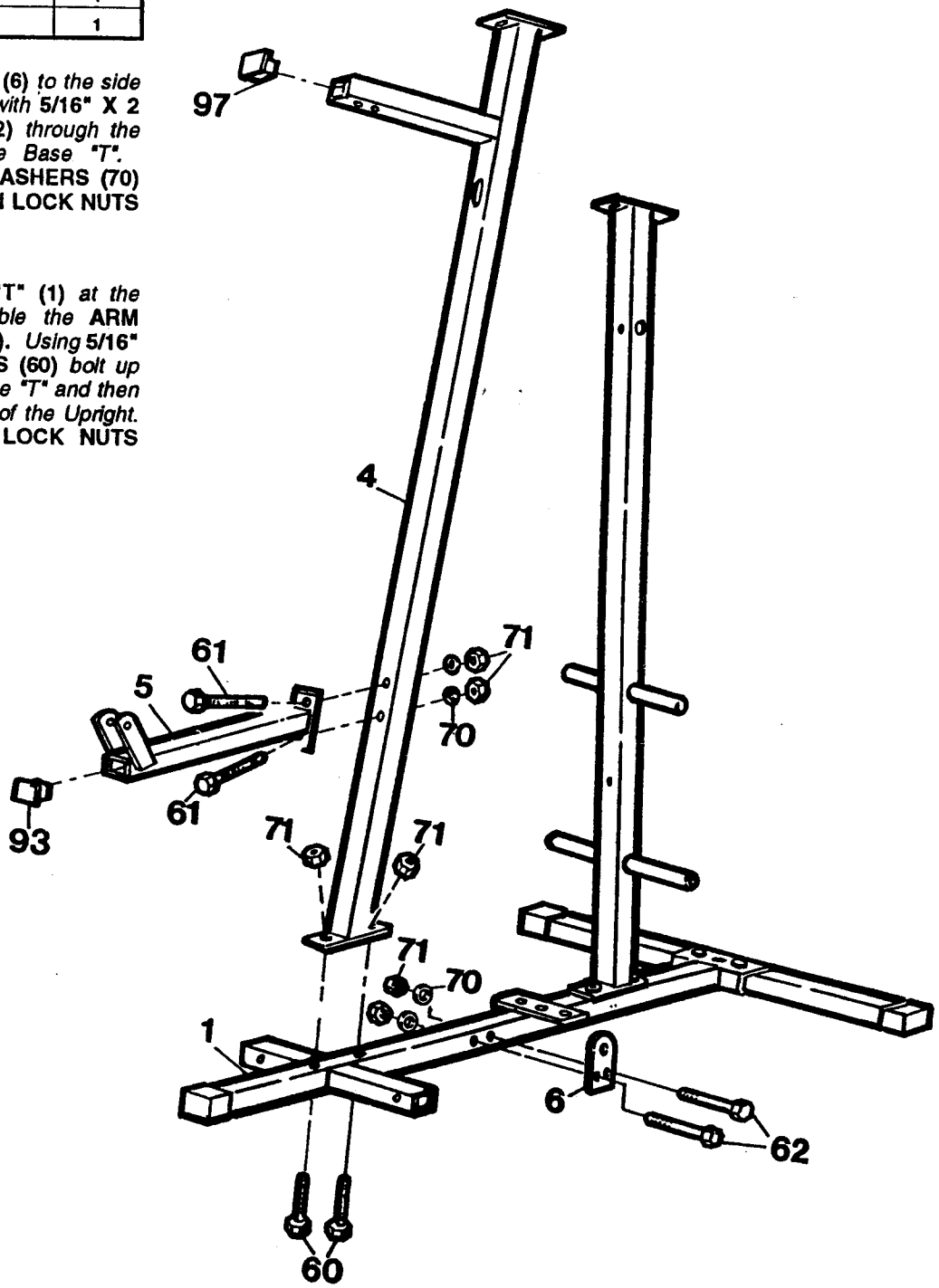
☐ *Assemble a* **PULLEY PLATE (6)** *to the side of the BASE "T" by bolting with* **5/16" X 2 3/4" HEX HEAD BOLTS (62)** *through the Plate and then through the Base "T". Assemble on* **5/16" FLAT WASHERS (70)** *and secure with* **5/16" NYLON LOCK NUTS (71).**

☐ *To the front of the* **BASE "T" (1)** *at the Cross-member tube, assemble the* **ARM PRESS FRAME UPRIGHT (4).** *Using* **5/16" X 2 1/4" HEX HEAD BOLTS (60)** *bolt up through the bottom of the Base "T" and then through the welded brackets of the Upright. Secure with* **5/16" NYLON LOCK NUTS (71).**

☐ *With the welded leg curl brackets of the* **SEAT FRAME (5)** *oriented up, attach the Seat Frame to the* **ARM PRESS FRAME UPRIGHT (4)** *with* **5/16" x 2 1/2" HEX HEAD BOLTS (61).** *Bolt through the Seat Frame brackets, and then through the Arm Press Frame Upright. Assemble* **5/16" FLAT WASHERS (70)** *onto the bolts and secure with* **5/16" NYLON LOCK NUTS (71).**

☐ *Cap the end of the* **SEAT FRAME (5)** *with a* **2" SQUARE PLASTIC INSERT CAP (93).**

☐ *Cap the Welded Stop Tube at the top of the* **ARM PRESS FRAME UPRIGHT (4)** *with a* **1 1/4" SQUARE PLASTIC INSERT CAP (97).**

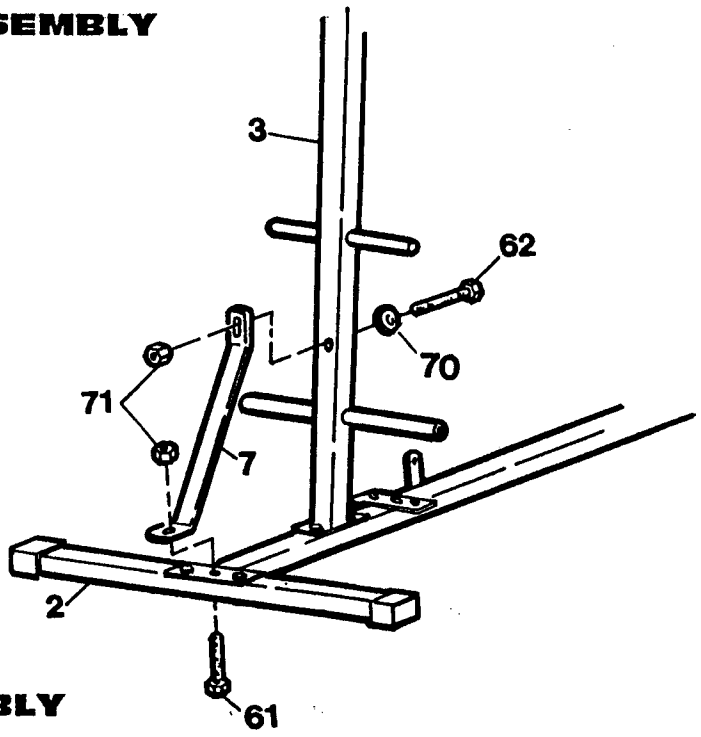


STEP 3 STEPPER BRACE ASSEMBLY

PART NAME	QTY
61 5/16" X 2 1/2" HEX HEAD BOLT	1
62 5/16" X 2 3/4" HEX HEAD BOLT	1
71 5/16" NYLON LOCK NUT	2

☐ *Attach* **STEPPER BRACE (7)** *to the* **REAR BASE (2)** *by bolting with a* **5/16" X 2 1/2" HEX HEAD BOLT (61)** *up through the Rear Brace and then through the Brace. Secure with a* **5/16" NYLON LOCK NUT (71).**

☐ *Assemble the upper Brace to the* **STEPPER UPRIGHT (3)** *using a* **5/16" X 2 3/4" HEX HEAD BOLT (62)** *and bolt through the Upright and then the Brace. Assemble on a* **5/16" NYLON LOCK NUT (71) AND 5/16" FLAT WASHER (70)** *and tighten only finger tight.*

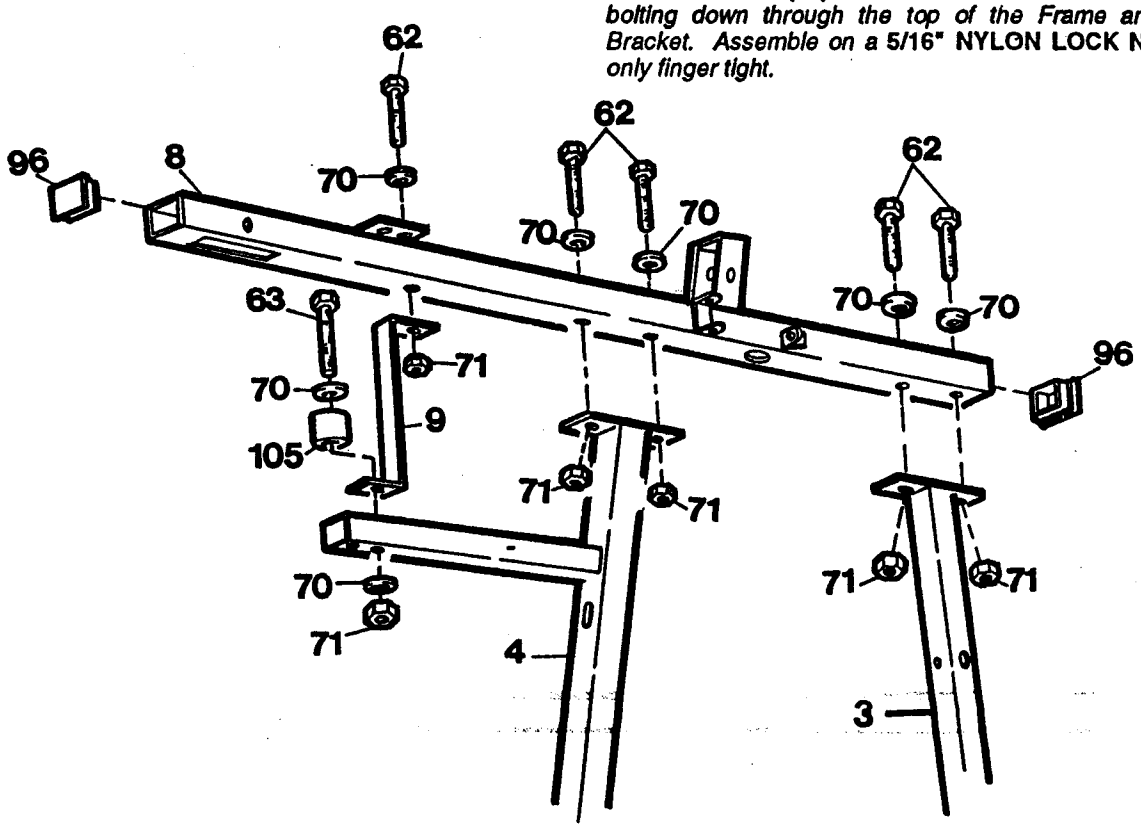


STEP 4 TOP FRAME ASSEMBLY

PART NAME	QTY
62 5/16" X 2 3/4" HEX HEAD BOLT	5
63 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	7
71 5/16" NYLON LOCK NUT	6
96 2" SQUARE PLASTIC INSERT CAP	2
105 1" O.D. X 1" LONG BUSHING	1

☐ *Assemble* **5/16" FLAT WASHERS (70)** *on two* **5/16" X 2 3/4" HEX HEAD BOLTS (62)** *and attach the* **TOP FRAME (8)** *to the* **STEPPER UPRIGHT (3)** *by bolting down through the Top Frame and then through the brackets of the Stepper Upright. Secure with* **5/16" NYLON LOCK NUTS (71).** *Tighten only finger tight.*

☐ *Attach the* **ARM PRESS BRACKET (9)** *to the first hole behind the welded bracket at the front of the Top Frame by assembling a* **5/16" FLAT WASHER (70)** *onto a* **5/16" X 2 3/4" HEX HEAD BOLT (62)** *and bolting down through the top of the Frame and then through the Bracket. Assemble on a* **5/16" NYLON LOCK NUT (71)** *and tighten only finger tight.*



☐ *Assemble* **5/16" FLAT WASHERS (70)** *onto two* **5/16" X 2 3/4" HEX HEAD BOLTS (62)** *and attach the* **TOP FRAME (8)** *to the* **ARM PRESS FRAME UPRIGHT (4)** *by bolting down through the top of the Top Frame and then through the brackets of the Upright. Fasten with* **5/16" NYLON LOCK NUTS (71)** *and tighten only finger tight.*

☐ *Attach the bottom of the* **ARM PRESS BRACKET (9)** *to the Welded Stop Tube on the* **ARM PRESS UPRIGHT (4)** *by assembling a* **5/16" FLAT WASHER (70)** *and a* **1" O.D. X 1" LONG BUSHING (105)** *onto a* **5/16" X 3" HEX HEAD BOLT (63)** *and bolting down through the Arm Press Bracket and then through the Welded Stop Tube. Assemble on another* **5/16" FLAT WASHER (70)** *and secure with a* **5/16" NYLON LOCK NUT (71)** *only finger tight.*

☐ *Cap each end of the Top Frame with* **2" SQUARE PLASTIC INSERT CAPS (96).**

TAKE THE TIME NOW TO TIGHTEN ALL BOLTS OF THE FRAME THAT WERE LEFT UNTIGHTENED FROM THE LAST 4 STEPS.

STEP 5 SEAT BRACE ASSEMBLY

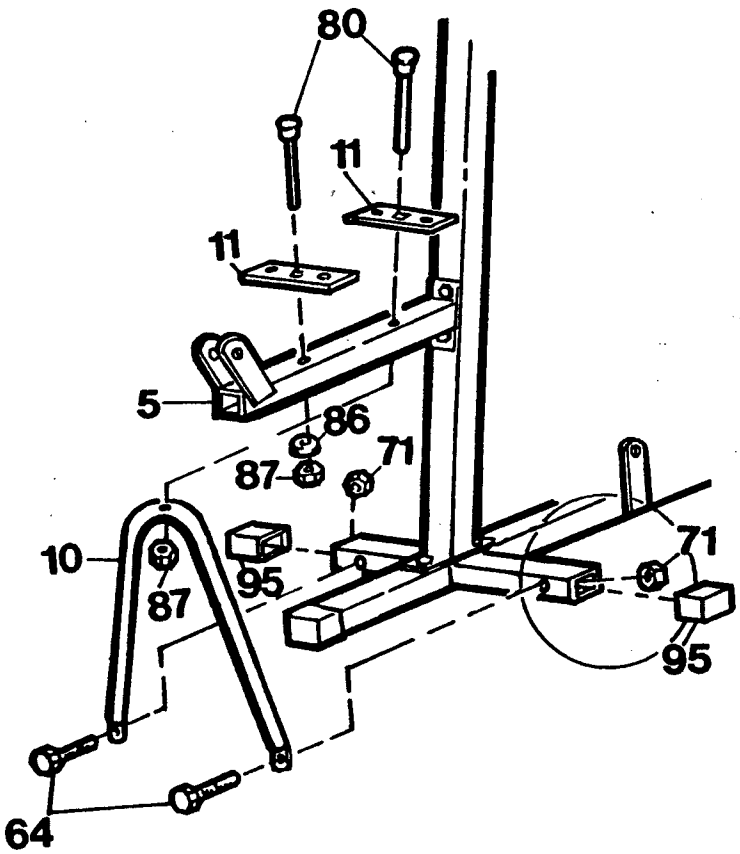
PART NAME	QTY
64 5/16" X 1" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
80 1/4" X 2 1/2" CARRIAGE BOLT	2
86 1/4" FLAT WASHER	1
87 1/4" NYLON LOCK NUT	2
95 2" SQUARE PLASTIC COVER CAP	2

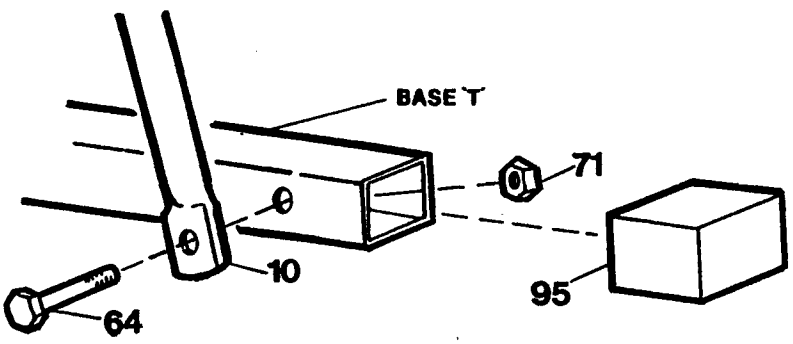
☐ *Assemble the* **SEAT BRACE (10)** *to the rear of the* **SEAT FRAME (5)** *by bolting with a* **1/4" X 2 1/2" CARRIAGE BOLT (80)** *down through a* **SEAT MOUNTING PLATE (11),** *the Seat Frame, and then the Seat Brace. Secure with a* **1/4" NYLON LOCK NUT (87).**

☐ *Attach the legs of the* **SEAT BRACE (10)** *to the BASE "T" using* **5/16" X 1" HEX HEAD BOLTS (64)** *to bolt through the legs of the Seat Brace and then the Base "T". Fasten with* **5/16" NYLON LOCK NUTS (71). (SEE DETAIL A.)**

☐ *Attach a* **SEAT MOUNTING PLATE (11)** *to the front hole of the* **SEAT FRAME (5)** *by bolting with a* **1/4" X 2 1/2" CARRIAGE BOLT (80)** *down through the Mounting Plate and then the Seat Frame. Assemble a* **1/4" FLAT WASHER (86)** *onto the bolt and secure with a* **1/4" NYLON LOCK NUT (87).**

☐ *Cap the Cross-member Tube of the* **BASE "T" (1)** *with* **2" SQUARE PLASTIC COVER CAPS (95).**





DETAIL A

STEP 6 WEIGHT STACK ASSEMBLY

PART NAME	QTY
110 END PLUG SELECTOR	1
114 LARGE RUBBER WASHER	2

» **CAUTION:** *To aid in this step it is advised that you secure the assistance of a helper to assist in steadying of the Weight Plates as they are stacked.*

☐ *Locate the* **LARGE RUBBER WASHERS (114)** *atop the welded Guide Rod Locating Bracket on the* **BASE "T" (1).**

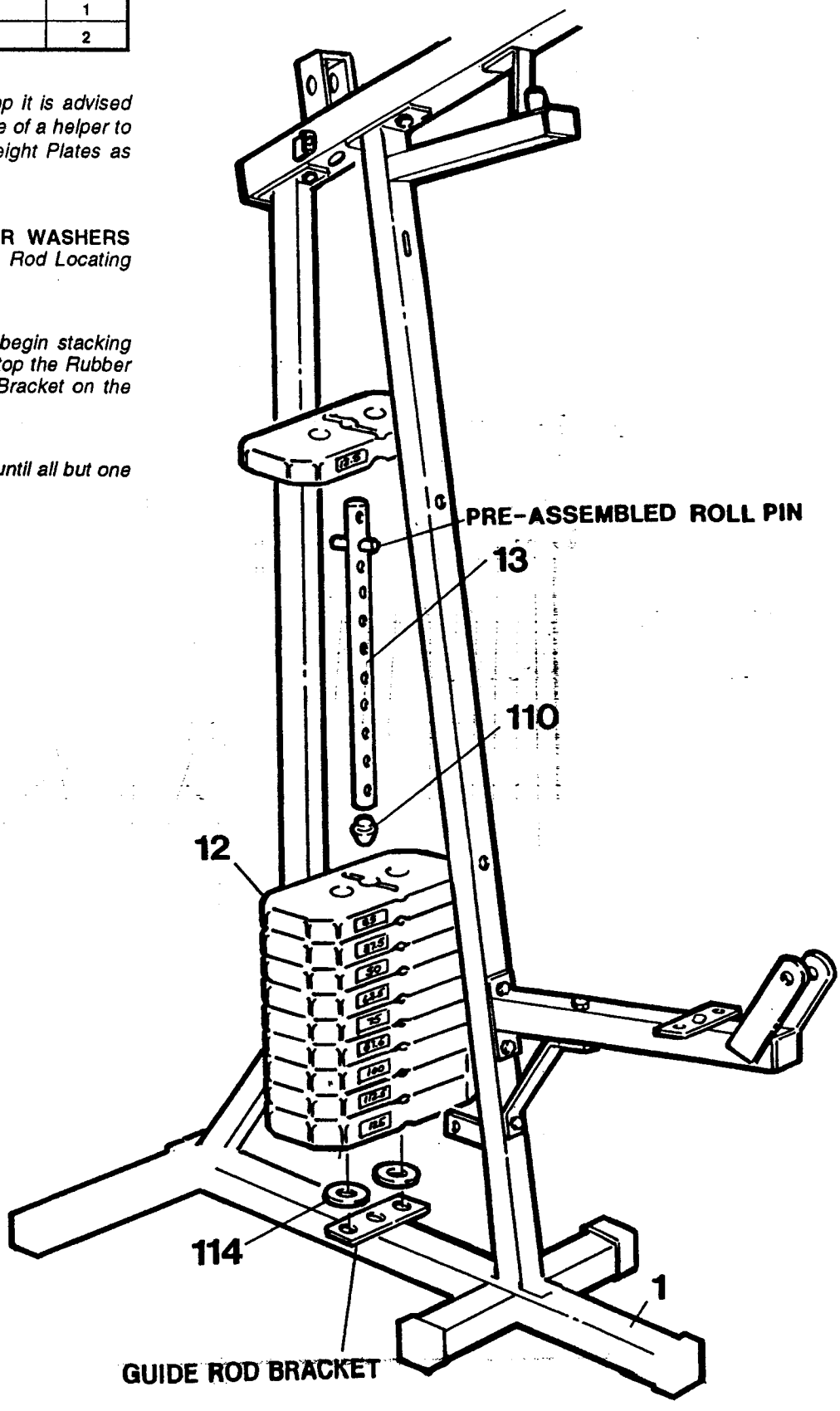
☐ *With the aid of your helper, begin stacking the* **WEIGHT PLATES (12)** *atop the Rubber Washers on the Guide Rod Bracket on the* **BASE (1).**

☐ *Stack Weights one at a time until all but one are stacked on the Base.*

☐ *Insert the* **END PLUG SELECTOR (110)** *into the bottom end of the* **WEIGHT SELECTOR TUBE (13).** *Insert the Selector Tube into the center hole through the stack of Weight Plates and align the pre-assembled roll pin of the Selector Tube with the goove in the top of the Weight Plate.*

» **NOTE:** *The Weight Selector Tube should insert completely through the stack of Weight Plates if they are in proper alignment with the welded Guide Rod Bracket on the Base Frame. If it does not insert completely, adjust the Weight Stack positioning until it does.*

☐ *When the* **WEIGHT SELECTOR TUBE (13)** *has been inserted fully into the Weight Stack, position the final* **WEIGHT PLATE (12)** *over the Selector Tube atop the Weight Stack.*



STEP 7 GUIDE ROD ASSEMBLY

PART NAME	QTY
65 5/16" X 1 1/2" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
113 WEIGHT SELECTOR PIN	1

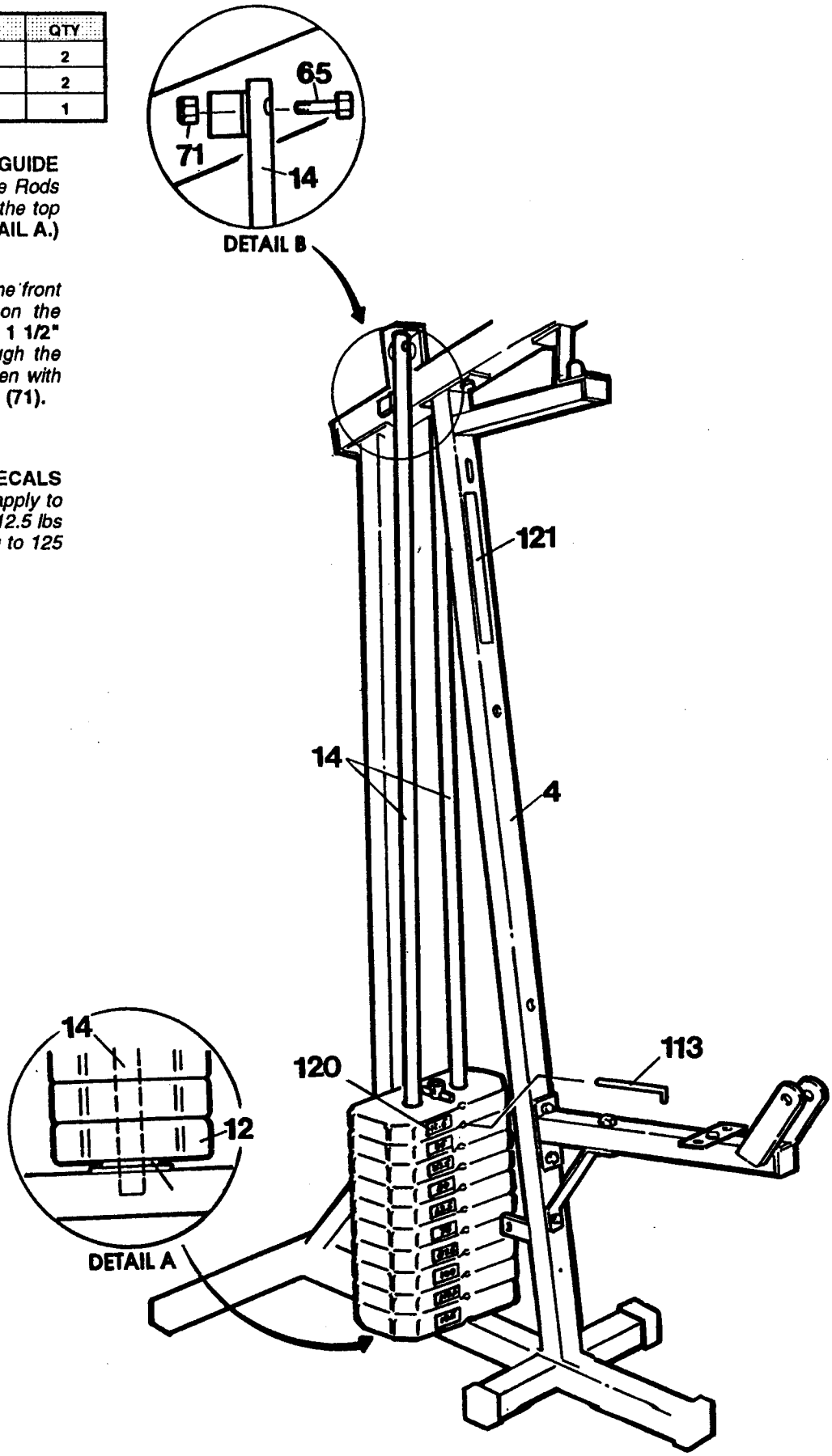
- ☐ *With the bolt holes of the* **GUIDE RODS (14)** *to the top, insert the Rods into the two remaining holes in the top of the Weight Stack.* **(SEE DETAIL A.)**

- ☐ *Bolt the* **GUIDE RODS (14)** *to the front side of the welded brackets on the* **TOP FRAME (8)** *using* **5/16" X 1 1/2" HEX HEAD BOLTS (65)** *through the Rod, then the Bracket and fasten with* **5/16" NYLON LOCK NUTS (71).** **(SEE DETAIL B.)**

- ☐ *Remove* **WEIGHT PLATE DECALS (120)** *from backing sheet and apply to the Weight Plates starting with 12.5 lbs on the top Plate and increasing to 125 lbs. on the bottom Plate.*

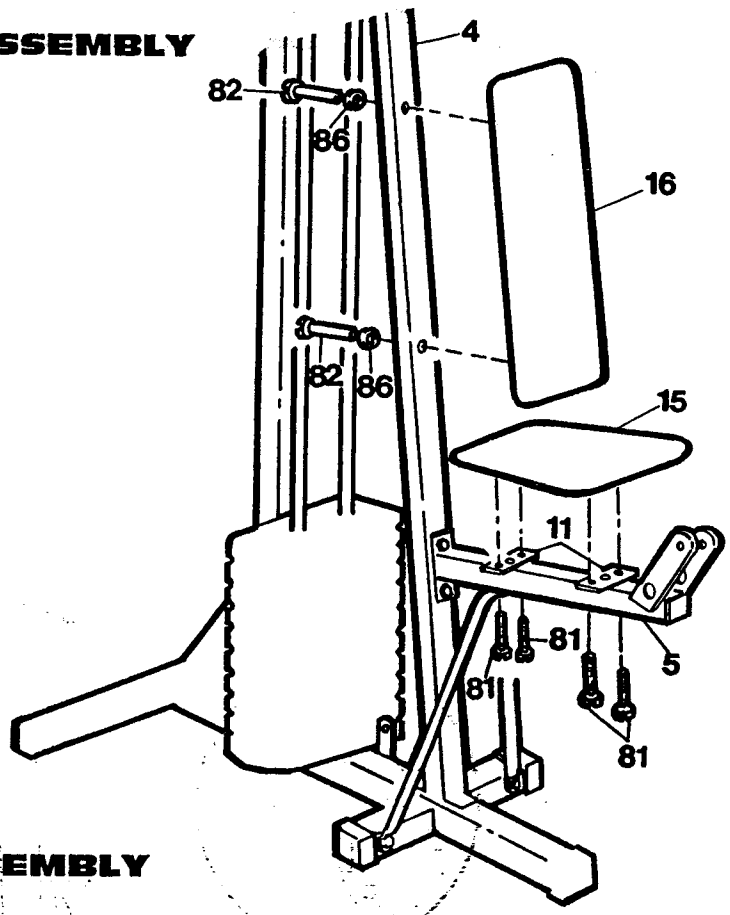
- ☐ *Insert* **WEIGHT SELECTOR PIN (113)** *into the Weight Stack at a low setting to aid in future cable assembly.*

- ☐ *Remove* **STATION ONE DECAL (121)** *from backing sheet and affix it to the front side of the* **ARM PRESS FRAME UPRIGHT (4)** *about 4 inches below Welded Stop Tube.*



STEP 8 SEAT & BACKREST ASSEMBLY

PART NAME	QTY
81 1/4" X 3/4" MACHINE SCREW	4
82 1/4" X 2 1/2" MACHINE SCREW	2
86 1/4" FLAT WASHER	2



☐ *Attach the* **SEAT (15)** *to the* **SEAT MOUNTING PLATES (11)** *on the* **SEAT FRAME (5)** *using* **1/4" X 3/4" MACHINE SCREWS (81)** *and bolting up through the Mounting Plates and into the Seat.*

☐ *Attach the* **BACKREST (16)** *to the* **ARM PRESS FRAME UPRIGHT (4)** *by assembling* **1/4" FLAT WASHERS (86)** *on two* **1/4" X 2 1/2" MACHINE SCREWS (82)** *and bolting through the back of the Upright Frame and into the Seat.*

STEP 9 LEG EXTENSION ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	1
71 5/16" NYLON LOCK NUT	1
97 1 1/4" SQUARE PLASTIC INSERT CAP	1
98 3/4" ROUND PLASTIC INSERT CAP	4

☐ *Assemble the* **LEG EXTENSION TUBE (17)** *into the brackets of the* **SEAT FRAME (5)** *with a* **5/16" X 2 1/4" HEX HEAD BOLT (60)** *and a* **5/16" NYLON LOCK NUT (71).** *Cap the top of the Leg Extension Tube with a* **1 1/4" SQUARE PLASTIC INSERT CAP (97).**

☐ *Press* **3/4" ROUND PLASTIC INSERT CAPS (98)** *into the ends of the* **3/4" X 12 1/2" PAD BAR (18)** *and the* **3/4" X 13 1/2" PAD BAR (19).**

» **NOTE:** *To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.*

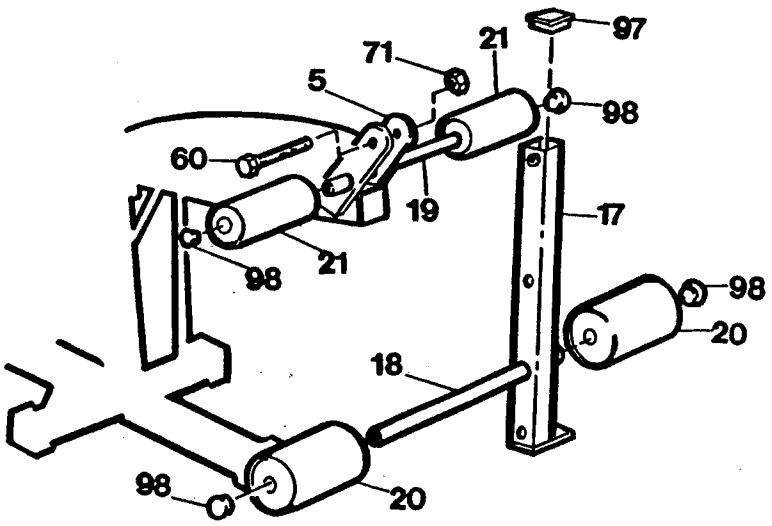
☐ *To one end of the* **3/4" X 13 1/2" PAD BAR (19)** *press on one* **2 1/4" X 6" FOAM ROLLER (21).**

☐ *Insert the* **PAD BAR (19)** *into the brackets of the* **SEAT FRAME (5)** *and assemble another* **FOAM ROLLER (21)** *onto the inserted tube end.*

☐ *To the end of the* **3/4" X 12 1/2" PAD BAR (18)** *press on one* **3" X 5 3/4" FOAM ROLLER (20).**

☐ *Assemble the* **PAD BAR (18)** *into a hole on the lower section of the* **LEG EXTENSION TUBE (17).**

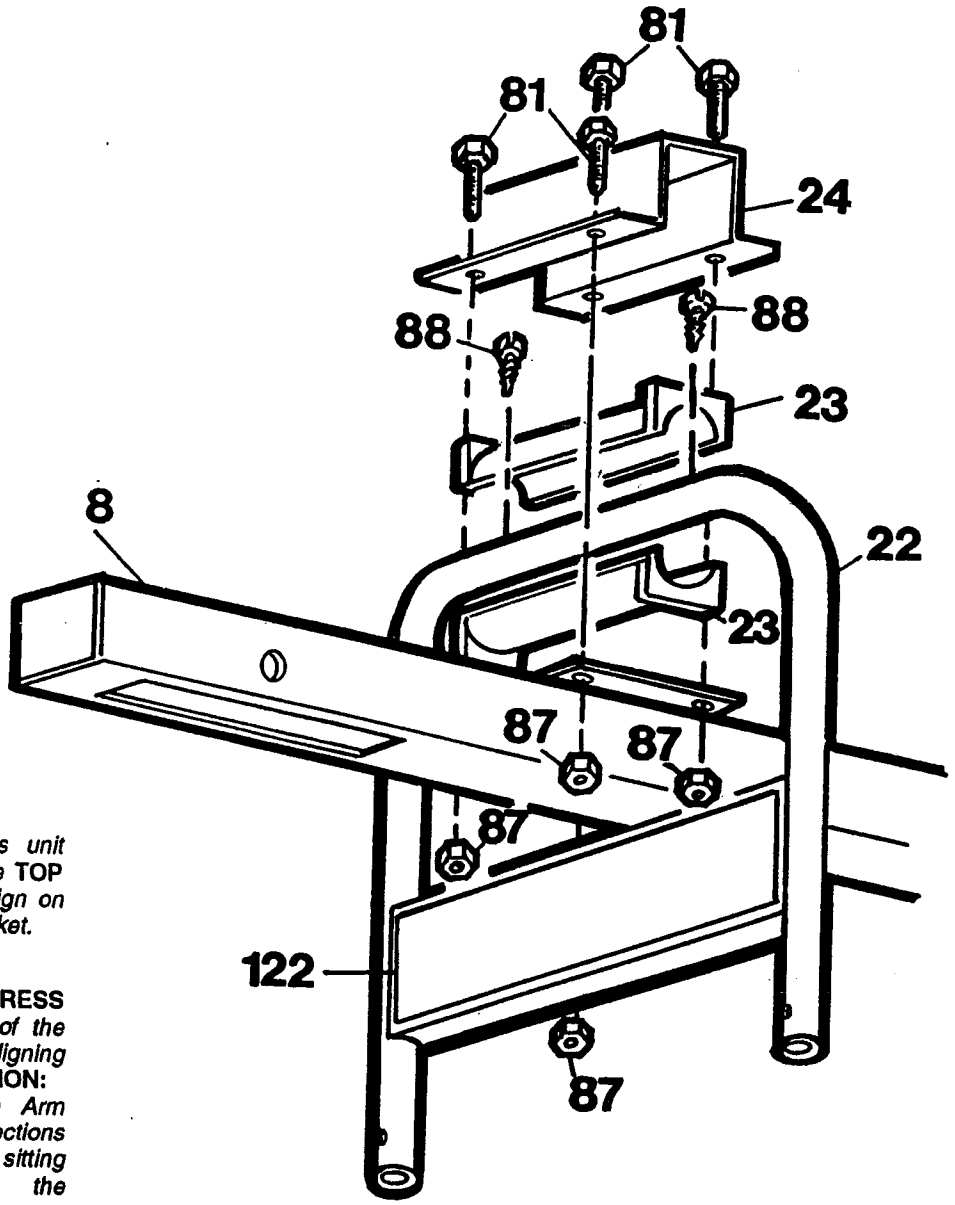
☐ *Press another* **FOAM ROLLER (20)** *onto the inserted tube end.*



STEP 10 ARM PRESS ASSEMBLY

PART NAME	QTY
81 1/4" X 3/4" MACHINE SCREW	4
87 1/4" NYLON LOCK NUT	4
88 #8 SHEET METAL SCREW	2

☐ *Press the two sections of the* **ARM PRESS BUSHING (23)** *onto the top of the* **ARM PRESS ASSEMBLY (22).** *These bushings will not snap tight to the surface so they will have to be held tight as complete assembly is placed on the* **TOP FRAME (8).**



☐ *Lift the Arm Press unit over the end of the* **TOP FRAME (8)** *and align on the flat welded bracket.*

☐ *Press the* **ARM PRESS CAP (24)** *on top of the Arm Press unit aligning bolt holes.* **CAUTION:** *Double check the Arm Press Bushing Sections to insure they are sitting squarely against the bracket.*

☐ *Secure the* **ARM PRESS CAP (24)** *to the bracket by bolting with four* **1/4" X 3/4" MACHINE SCREWS (81)** *down through the top of the Arm Press Cap and then through the welded bracket on the Top Frame. Secure with* **1/4" NYLON LOCK NUTS (87).**

☐ *Insert two* **#8 SHEET METAL SCREWS (88)** *into the holes located on the top of the Arm Press Assembly on both sides of the Arm Press Cap.*

☐ *Remove* **POWER STACK DECAL (122)** *from backing and adhere it onto the* **ARM PRESS ASSEMBLY (22).**

STEP 11 ARM PRESS HANDLE ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	2
101 1 3/4" SQUARE PLASTIC INSERT CAP	4
99 1" ROUND PLASTIC INSERT CAP	4
106 5/8" LONG METAL SPACER	2

☐ *Press* **1 3/4" SQUARE PLASTIC INSERT CAPS (101)** *into the ends of the* **PECK-DECK ARMS (25).**

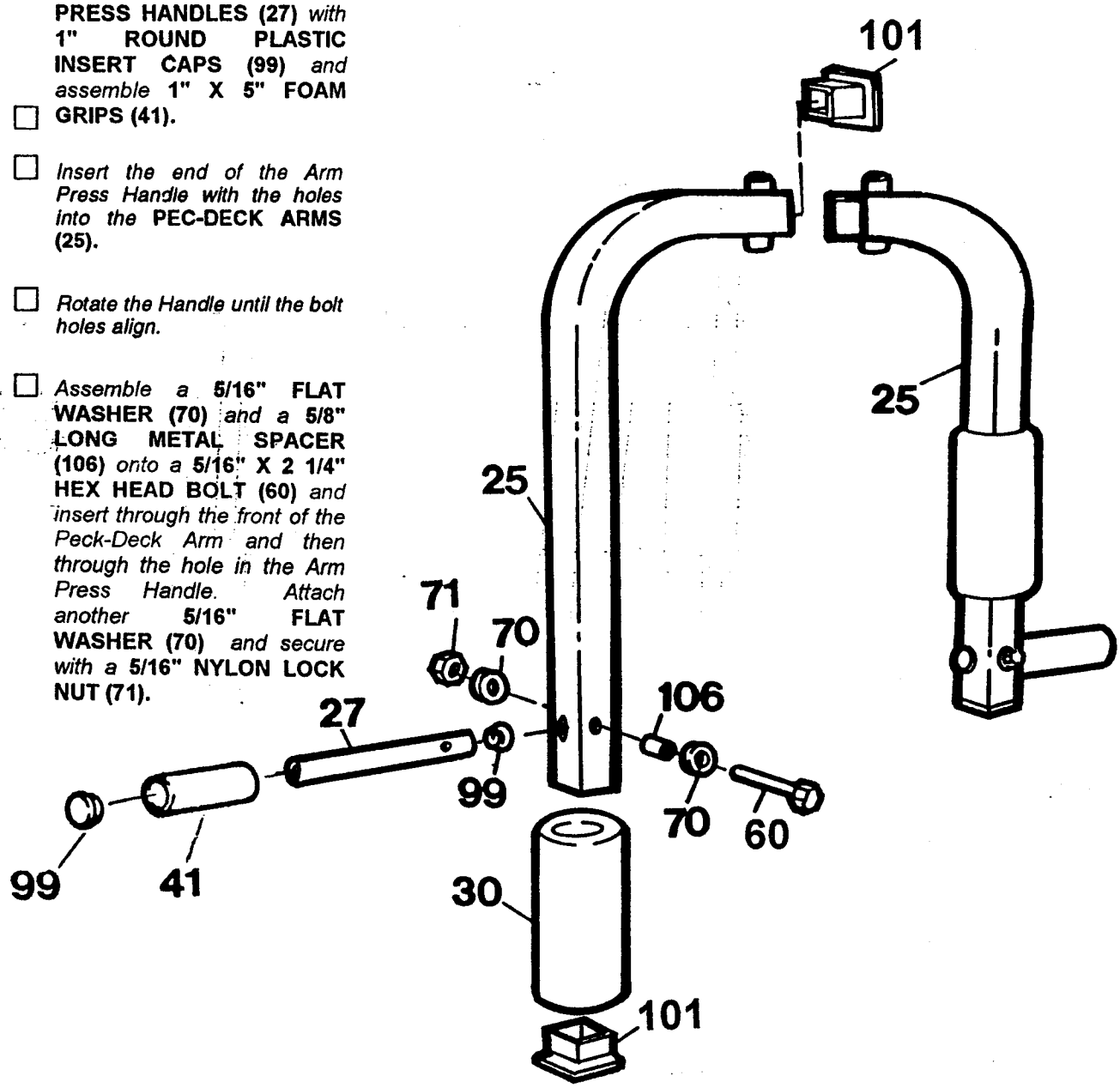
☐ *Wipe a small amount of liquid dish detergent onto lower section of* **PEC-DECK ARMS (25)** *and slide on a* **3 1/4" X 7" FOAM ROLLER (30).** *Position the Rollers up about 8 inches from the Tube end.*

☐ *Cap the ends of the* **ARM PRESS HANDLES (27)** *with* **1" ROUND PLASTIC INSERT CAPS (99)** *and assemble* **1" X 5" FOAM GRIPS (41).**

☐ *Insert the end of the Arm Press Handle with the holes into the* **PEC-DECK ARMS (25).**

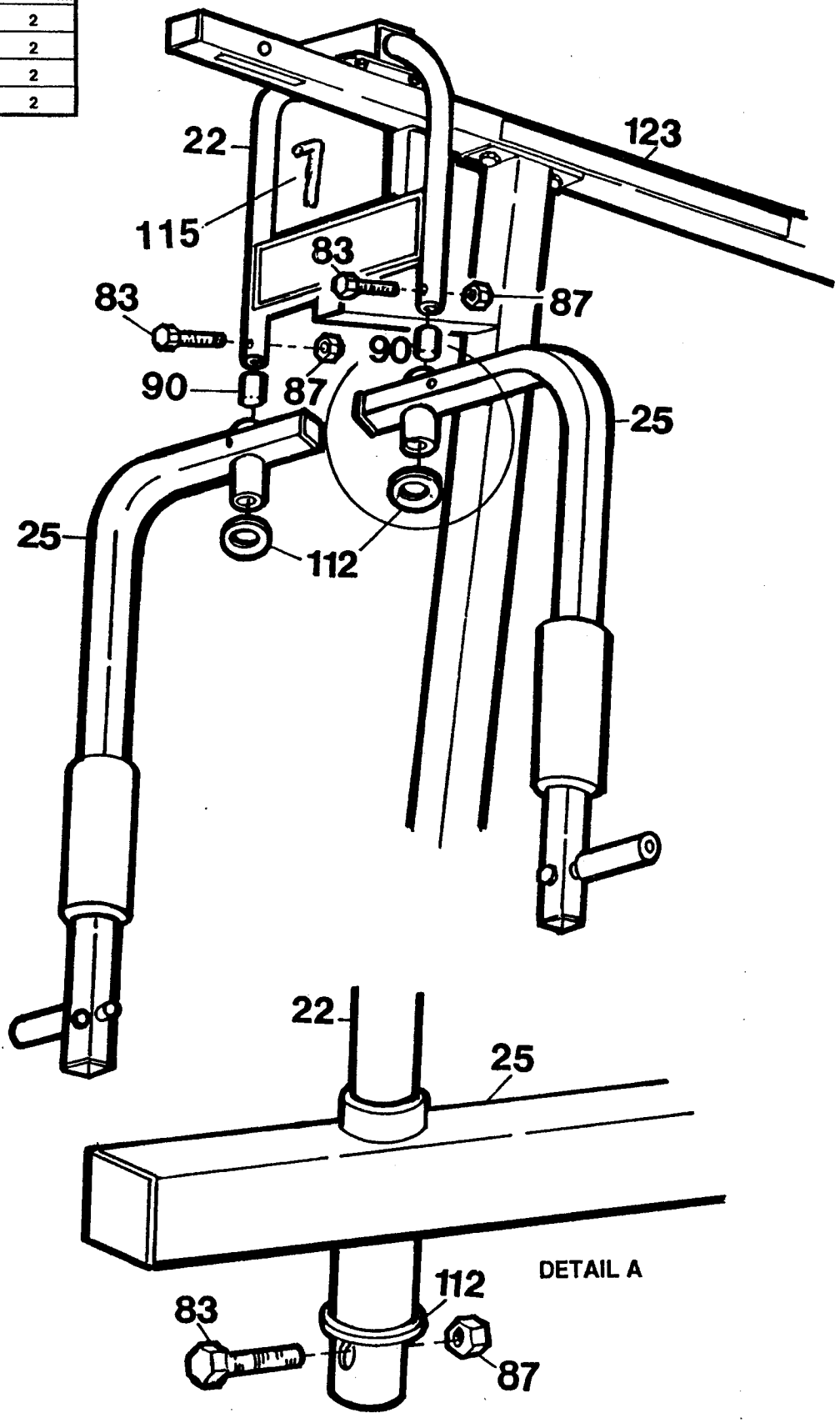
☐ *Rotate the Handle until the bolt holes align.*

☐ *Assemble a* **5/16" FLAT WASHER (70)** *and a* **5/8" LONG METAL SPACER (106)** *onto a* **5/16" X 2 1/4" HEX HEAD BOLT (60)** *and insert through the front of the Peck-Deck Arm and then through the hole in the Arm Press Handle. Attach another* **5/16" FLAT WASHER (70)** *and secure with a* **5/16" NYLON LOCK NUT (71).**



STEP 12 PEC-DECK ARM ASSEMBLY

PART NAME	QTY
83 1/4" X 1 1/2" HEX HEAD BOLT	2
87 1/4" NYLON LOCK NUT	2
90 1 1/8" X 2 1/2" PLASTIC BUSHING	2
112 1 3/16" X 2" WASHER	2



☐ *Slide a* **1 1/8" X 2 1/2" PLASTIC BUSHING (90)** *onto each leg of the* **ARM PRESS ASSEMBLY (22).**

☐ *Insert a leg of the* **ARM PRESS ASSEMBLY (22)** *into the welded Tube on each* **PEC-DECK ARM (25).**

☐ *Place a* **1 3/16" X 2" WASHER (113) onto** *the legs of the* **ARM PRESS ASSEMBLY.** *These washers will not shap tight ot the tube so they will have to he help tight as the assembly is completed.*

☐ *Secure this assembly by bolting with a* **1/4" X 1 1/2" HEX HEAD BOLT (83)** *through the holes in the leg of the Arm Press Assembly. Fasten with* **1/4" NYLON LOCK NUTS (87).** **(SEE DETAIL A.)**

☐ *Remove* **ULTRA FORCE XT DECALS (123)** *from backing and adhere to both sides of the* **TOP FRAME (8).**

☐ When doing arm press exercises check to make sure that each of the Pec-Deck arms is locked into place with the **PEC-DECK LOCK PINS (115).**

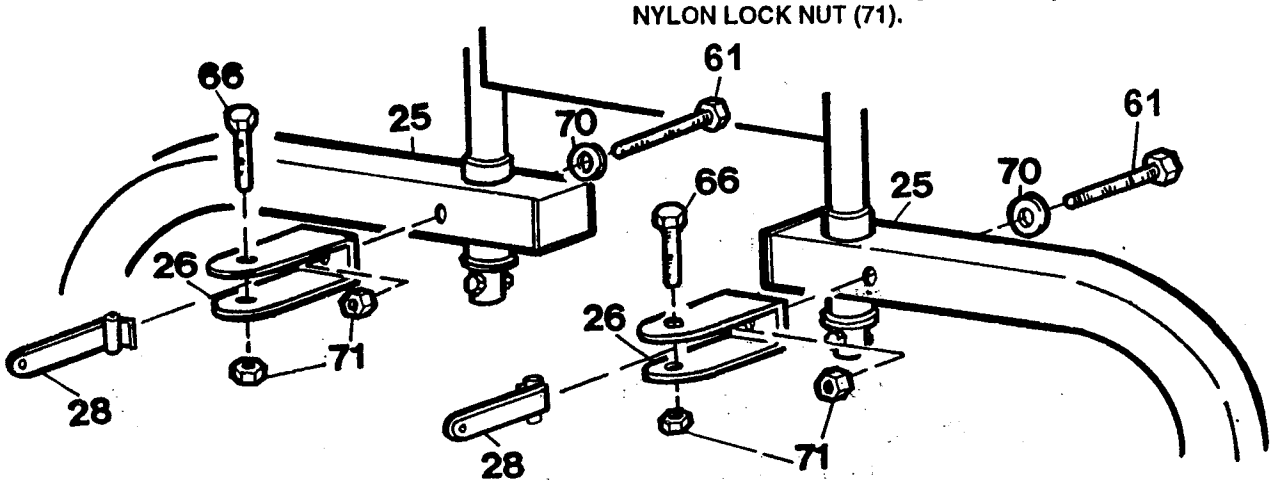
When doing butterfly exercises the **PEC-DECK LOCK PINS (115)** should be removed.

STEP 13 BRACKET ASSEMBLIES

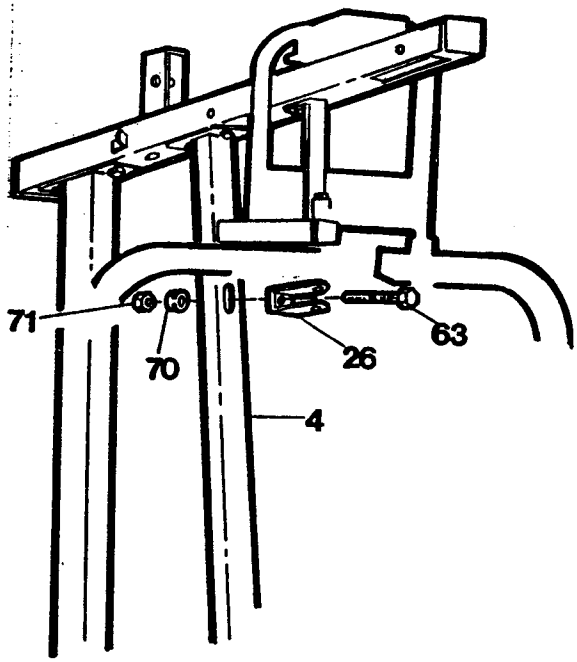
PART NAME	QTY
61 5/16" X 2 1/2' HEX HEAD BOLT	2
63 5/16" X 3" HEX HEAD BOLT	1
66 5/16" X 2" HEX HEAD BOLT	2
67 5/16" X 3 1/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	6

☐ *Attach the* **U-BRACKETS (26)** *to the back of the* **PEC-DECK ARMS (25)** *by assembling a* **5/16" FLAT WASHER (70)** *onto two* **5/16" X 2 1/2" HEX HEAD BOLTS (61)** *and bolting through the front of the Pec-Deck Arms at the hole locations near the welded Tube and then bolt through the* **U-BRACKET (26).** *Secure tightly with* **5/16" NYLON LOCK NUTS (71).**

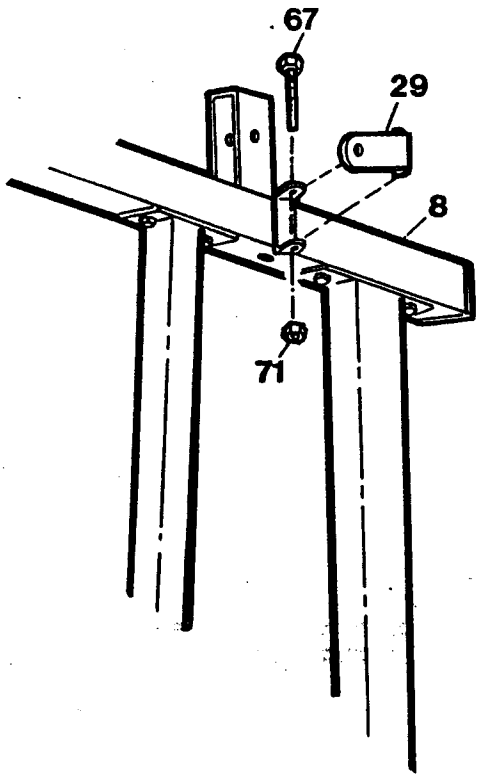
☐ *Assemble the* **PULLEY BRACKETS (28)** *to the U-Brackets by bolting with a* **5/16" X 2" HEX HEAD BOLT (66)** *down through the top of the U-Bracket and then through the Pulley Bracket. Fasten with* **5/16" NYLON LOCK NUT (71).**



☐ *Attach a U-Bracket to the front of the* **ARM PRESS FRAME UPRIGHT (4)** *by bolting with a* **5/16" X 3" HEX HEAD BOLT (63)** *through the U-Bracket and then through the Upright. Assemble a* **FLAT WASHER (70)** *onto the bolt and fasten with a* **5/16" NYLON LOCK NUT (71)** *only to the point that the nut is flush with the end of the bolt. This is necessary to allow some movement of the U-Bracket.*



☐ *Assemble a* **PULLEY TRAP BRACKET (29)** *to the welded U-Bracket on the side of the* **TOP FRAME (8)** *using a* **5/16" X 3 1/4" HEX HEAD BOLT (67)** *to bolt down through the top of the U-Bracket and then through the Pulley Trap Bracket. Secure with a* **5/16" NYLON LOCK NUT (71).**



STEP 14 STEPPER ASSEMBLY

PART NAME	QTY
61 5/16" X 2 1/2' HEX HEAD BOLT	1
65 5/16" X 1 1/2" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	3
94 5/8" ROUND PLASTIC COVER CAP	2
99 1" ROUND PLASTIC INSERT CAP	2
100 1" ROUND PLASTIC COVER CAP	2
102 5/8" RING RETAINER	2
103 1" RING RETAINER	2
104 1 1/4" SQUARE END BUSHING	4
107 5/8" I.D. FLAIR END BUSHING	2
108 5/8" I.D. PLASTIC SPACER	2
109 1/2" x 3/4" BUSHING	1
111 TENSION KNOB	2

☐ *Press* 1 1/4" SQUARE END BUSHINGS (104) *into each* STEPPER PEDAL (31) *and* (32).

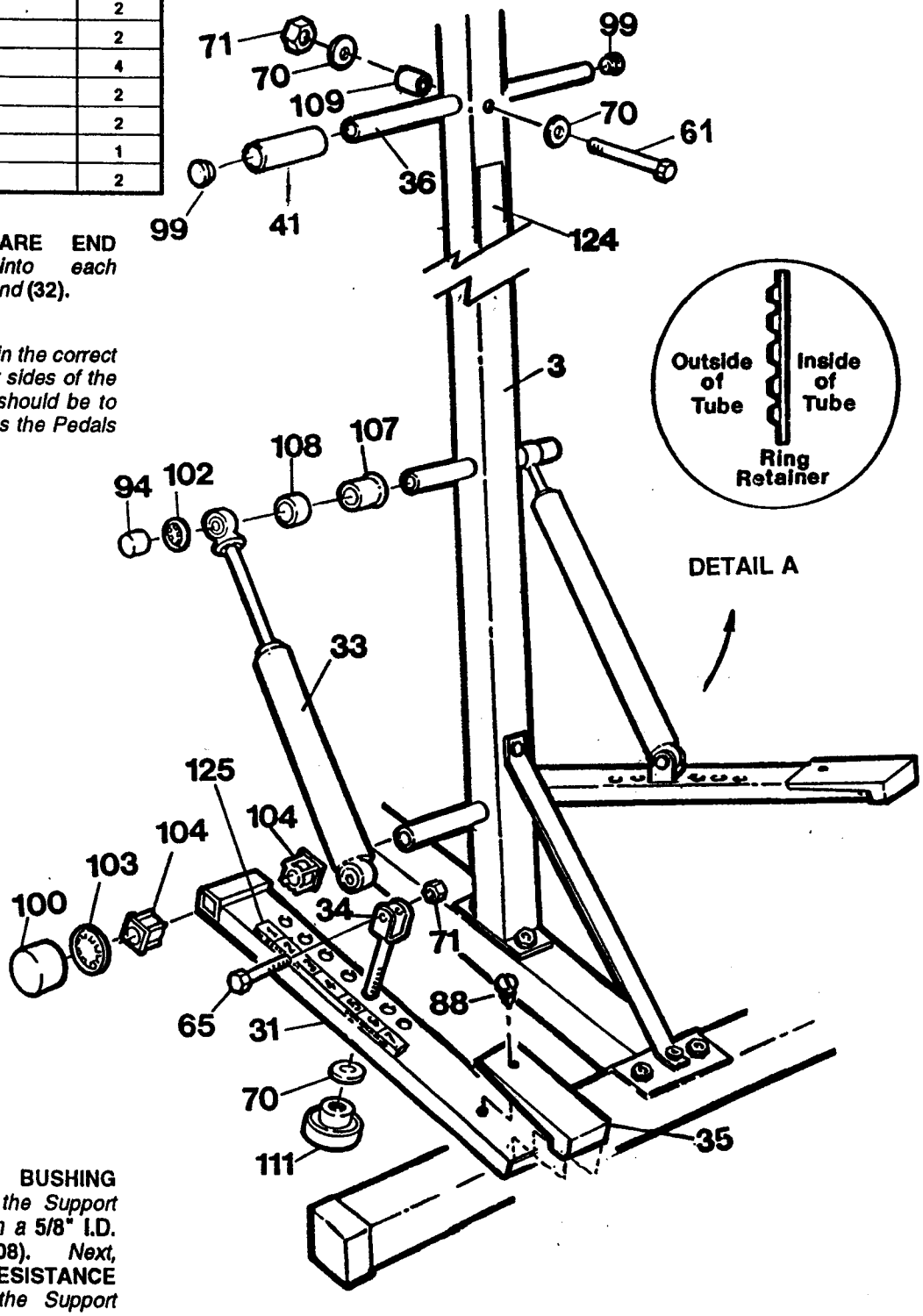
☐ *Double check to be certain the correct Pedals are on the proper sides of the frame (resistance holes should be to the inside) and then press the Pedals onto the Pivot Tube.*

☐ *Press on* 1" RING RETAINERS (103) *onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube. Push the Spring Clip all the way to the Pedal forcing it snugly against the Plastic Bushing.* (SEE DETAIL A.)

☐ *Cap the ends of the Pivot Tube with* 1" ROUND PLASTIC COVER CAPS (100).

☐ *Cap end of* PEDALS (31) *and* (32) *with* 1" X 3" PLASTIC INSERT CAP (101).

☐ *Slide a* 5/8" I.D. FLAIR END SPACER BUSHING (107) *all the way onto the Support Tube, and follow up with a* 5/8" I.D. PLASTIC SPACER (108). *Next, assemble the* RESISTANCE CYLINDER (33) *onto the Support Tube.*



☐ *Press on* **5/8" RING RETAINER (102)** *making sure the teeth face the outside of the Support Tube and the ring is seated firmly against the Resistance Cylinder.*

☐ *Cap the ends of the Support Tube with* **5/8" ROUND PLASTIC COVER CAPS (94).**

☐ *Place* **CYLINDER MOUNTING BRACKET (34)** *into one of the resistance setting holes and secure with a* **5/16" FLAT WASHER (70)** *and a* **TENSION KNOB (111).** **(SEE DETAIL B.)**

☐ *Attach* **RESISTANCE CYLINDER (33)** *to the* **CYLINDER MOUNTING BRACKET (34)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (65)** *and a* **5/16" NYLON LOCK NUT (71).**

☐ *Remove* **STEPPER RESISTANCE SCALE DECALS (125)** *from backing and attach Decals to Pedals so they align with hole settings on the Pedals. Setting "1" should be to the front of the Pedal.* **(SEE DETAIL C.)**

☐ *Remove backing from adhestive strips on* **FOOT PADS (35)** *and attach to rear of Pedals. Secure each with* **#8 SHEET METAL SCREW (88).**

☐ *Attach* **STATION 2 DECALS (124)** *to* **STEPPER UPRIGHT (3)** *just above the Resistance Cylinder Mounting Tube.*

☐ **SETTING RESISTANCE:** *After Pedals are attached to the Resistance Cylinders, the resistance cen be changed by unscrewing the* **TENSION KNOBS (111)** *from the Pedals and moving the* **RESISTANCE CYLINDER MOUNTING BRACKETS (34)** *to another hole and re-assembling the Knob.*

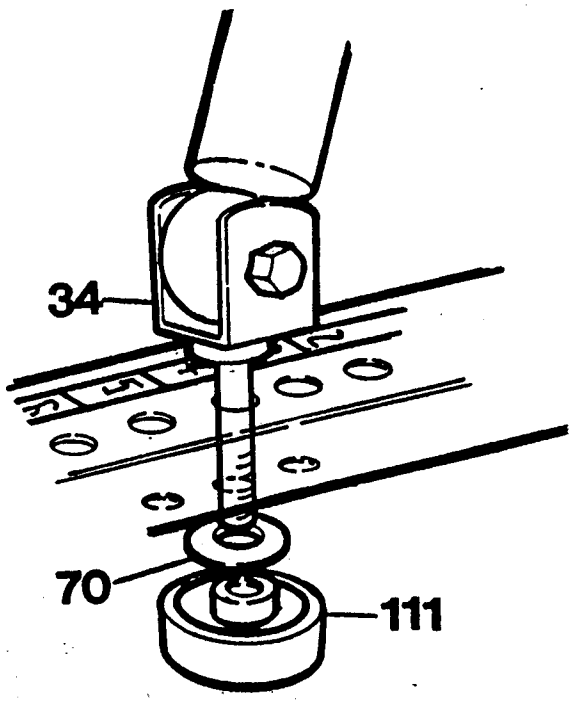
☐ *Insert the* **STEPPER HANDLE (36)** *into the* **STEPPER UPRIGHT (3)** *in the hole location above the Support Tube.*

☐ *Rotate the Handle until the bolt holes align.*

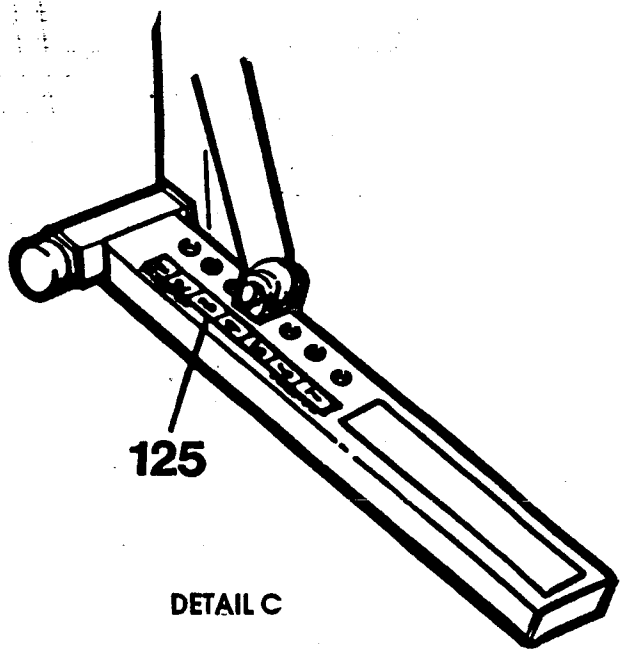
☐ *Assemble a* **5/16" FLAT WASHER (70)** *on a* **5/16" X 2 1/2" HEX HEAD BOLT (61)** *and insert through the front of the Stepper Upright and then through the Stepper Handle.*

☐ *Assemble a* **1/2" X 3/4" BUSHING (109)** *and* **5/16" FLAT WASHER (70)** *onto the bolt end and secure with* **5/16" NYLON LOCK NUT (71).**

☐ *Press* **1" ROUND PLASTIC INSERT CAP (99)** *into the ends of the Stepper Handle and assemble* **1" X 5" FOAM GRIPS (41)**



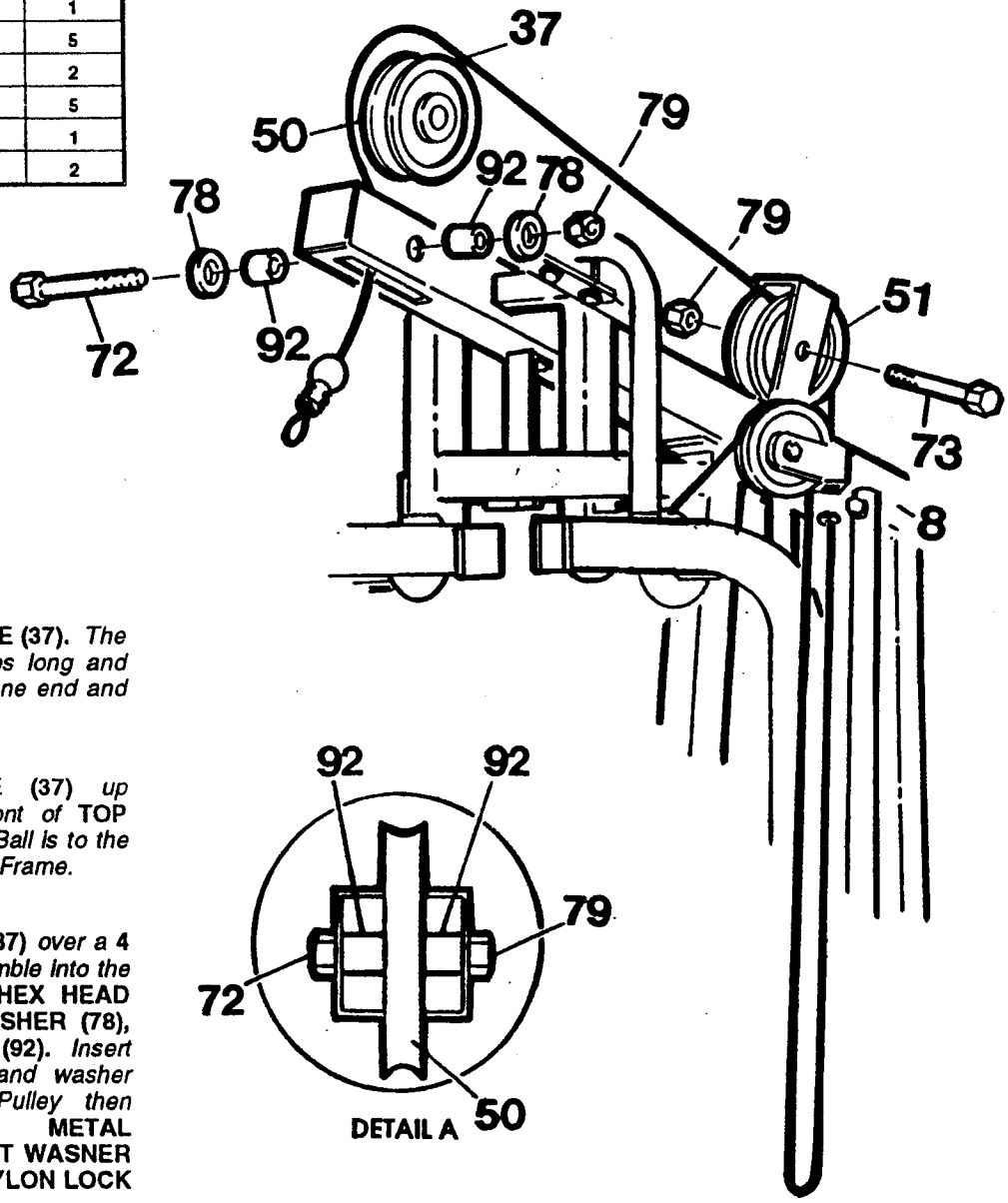
DETAIL B



DETAIL C

STEP 15 UPPER PULLEYS & CABLE ASSEMBLY

PART NAME	QTY
63 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	1
72 3/8" X 2 1/2" HEX HEAD BOLT	1
73 3/8" X 1 3/4" HEX HEAD BOLT	5
78 3/8" FLAT WASHER	2
79 3/8" NYLON LOCK NUT	5
91 1/2" X 1/2" ZINC BUSHING	1
92 1/2" METAL SPACER	2



☐ *Locate the* **PEC-DECK CABLE (37).** *The Pec-Dec Cable is 127 inches long and has a Rubber Ball Stop on one end and and a loop on the other end.*

☐ *Insert* **PEC-DECK CABLE (37)** *up through the slot in the front of* **TOP FRAME (8)** *so Rubber Stop Ball is to the front and underneath the Top Frame.*

☐ *Drape* **PEC-DECK CABLE (37)** *over a* **4 1/2" PULLEY (50)** *and assemble into the slot using* **3/8" X 2 1/2" HEX HEAD BOLT (72), 3/8" FLAT WASHER (78),** *and* **1/2" METAL SPACER (92).** *Insert the bolt with the spacer and washer through the frame and Pulley then assemble another* **1/2" METAL SPACER (92)** *and* **3/8" FLAT WASNER (78)** *and fasten witha* **3/8" NYLON LOCK NUT (79). SEE DETAIL "A"**

☐ *Bring Cable back down across the top of the Top Frame and through the welded pulley bracket. Insert the entire Cable down through the cable access hole behind the welded bracket.*

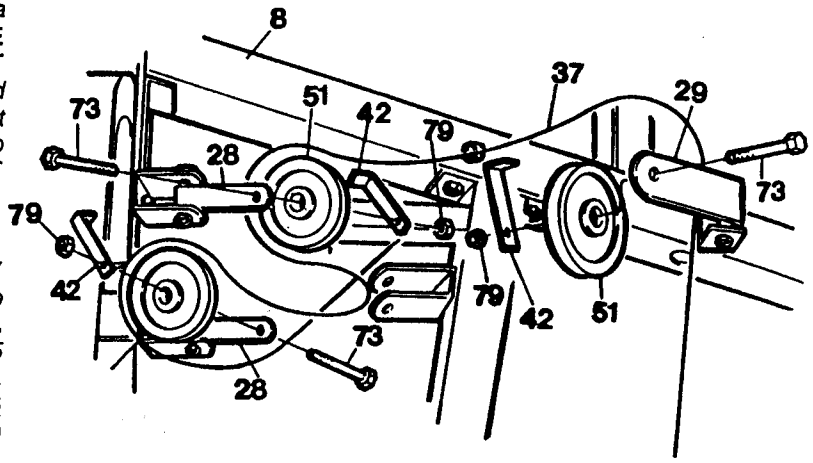
☐ *Fit the Cable over a* **3 1/2" PULLEY (51)** *and bolt into the welded bracket. Secure with a* **3/8" X 1 3/4" HEX HEAD BOLT (73)** *and a* **3/8" NYLON LOCK NUT (79).**

☐ *Leave some of the cable draped down between the guide rods. This area of the Cable will be assembled later. The amount of the cable left draped is not critical as you will be pulling the slack out of the cable once the cable is fastened.*

☐ *Move to the left-hand side of the unit.*

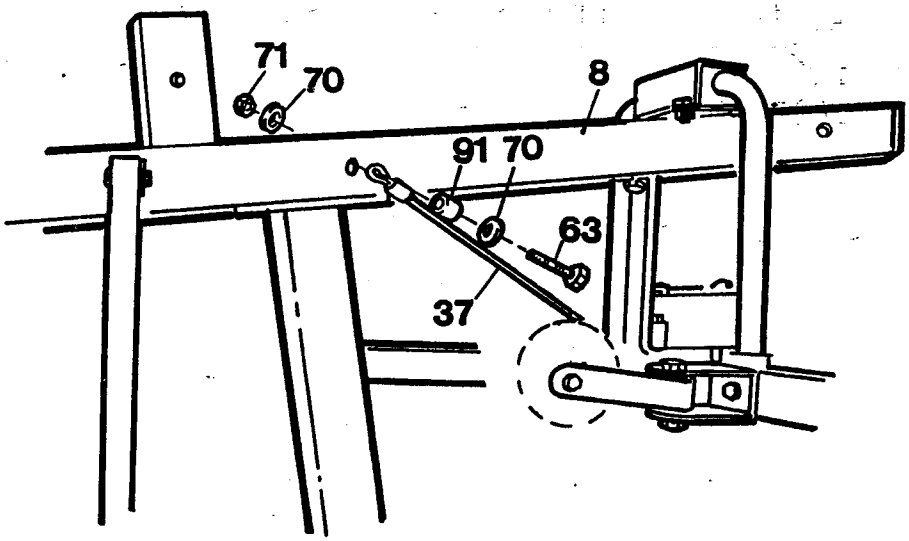
☐ *Bring the* **PEC-DECK CABLE (37)** *up and set into a* **3 1/2" PULLEY (51).**

☐ *Trap the Cable into the groove of the Pulley using a* **CABLE TRAP BRACKET (42) (THE CABLE TRAP BRACKET WILL BE POSITIONED AT APPROXIMATELY A 45 DEGREE ANGLE)** *and bolt assembly to the* **PULLEY BRACKET (29)** *that is bolted to the bracket on the side of the Top Frame using a* **3/8" x 1 3/4" HEX HEAD BOLT (73)** *and a* **3/8" NYLON LOCK NUT (79).**

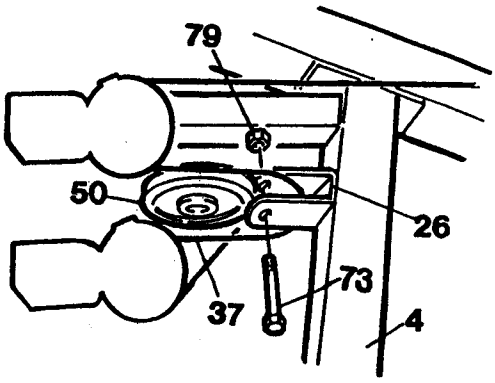


☐ *Next, fasten* **3 1/2" PULLEYS (51)** *to* **PULLEY BRACKETS (28)** *while trapping the cable into the Pulley with* **CABLE TRAP BRACKETS (42).** *Again the Trap Brackets will be positioned at a 45 degree angle facing toward the front of the unit. Bolt the assemblies to the* **PULLEY BRACKETS (28)** *using* **3/8" X 1 3/4" HEX HEAD BOLTS (73)** *and* **3/8" NYLON LOCK NUTS (79).**

☐ *Moving to the right-hand side of the unit, fasten the loop-end of the cable to the side of the Top Frame in the hole located in front of the Arm Press Frame Upright. Place a* **1/2" X 1/2" ZINC BUSHING (91)** *into the loop of the cable . Place a* **5/16" FLAT WASHER (70)** *onto a* **5/16" X 3" HEX HEAD BOLT (63)** *and insert through the assembled bushing and cable and on through the Top Frame hole securing with another* **5/16" FLAT WASHER (70)** *and a* **5/16" NYLON LOCK NUT (71).**



☐ *Move back to the center of the unit. Into the* **U-BRACKET (26)** *bolted to the front of* **ARM PRESS FRAME UPRIGHT (4)** *assemble a* **4 1/2" PULLEY (50)** *trapping the cable behind the Pulley. Secure with* **3/8" X 1 3/4" HEX HEAD BOLT (73)** *and* **3/8" NYLON LOCK NUT (79).**



☐ *At this point you should pull this Cable tight by pulling downward on the section of the Cable you left draped down in an earlier step. Make sure all of the cable is seated properly in the grooves of the pullies and the trap brackets are in their correct positions.*

STEP 16 LOWER PULLEY AND CABLE ASSEMBLY

PART NAME	QTY
65 5/16" X 1 1/2" HEX HEAD BOLT	1
66 5/16" X 2" HEX HEAD BOLT	1
68 5/16" X 3/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	3
73 3/8" X 1 3/4" HEX HEAD BOLT	4
74 3/8" X 2 3/4" HEX HEAD BOLT	1
78 3/8" FLAT WASHER	2
79 3/8" NYLON LOCK NUT	5
84 1/4" X 1 3/4" HEX HEAD BOLT	1
87 1/4" NYLON LOCK NUT	1

☐ *Locate the* **WEIGHT STACK CABLE (38).** *The Weight Stack Cable is 79 inches long and has a loop on each end.*

☐ *Attach the* **WEIGHT STACK CABLE (38)** *by inserting a loop of the cable into the end of the* **WEIGHT SELECTOR TUBE (13)** *and fasten with a* **5/16" 1 1/2" HEX HEAD BOLT (65)** *and* **5/16" NYLON LOCK NUT (71).**

☐ *Bring the cable up and make the dual pulley assembly that hangs between the Guide Rods* **(SEE DETAIL "A").**

☐ *Using two* **4 1/2" PULLIES (50),** *trap the Weight Selector Cable and the Pec-Deck Cable. Insert two* **3/8" X 1 3/4" HEX HEAD BOLTS (73)** *through a* **PULLEY CONNECTOR PLATE (52)** *and then through the two 4 1/2" Pullies. Add the second* **PULLEY CONNECTOR PLATE (52)** *and secure the assembly with two* **3/8" NYLON LOCK NUTS (79). SEE DEATIL "A"**

☐ *Bring the Weight Selector Cable down and fit into a* **3 1/2" PULLEY (51).** *Using a* **3/8" x 1 3/4" HEX HEAD BOLT (73),** *bolt a* **CABLE TRAP BRACKET (42)** *and the Pulley to the bolted* **PULLEY PLATE (6)** *on the side of the* **BASE "T" (1)** *and secure with a* **3/8" NYLON LOCK NUT (79).** *The Cable Trap bracket should be positioned so that it is facing toward the floor.*

☐ *Bolt* **BENT PULLEY BRACKETS (43)** *to the loop end of the Weight Selector Cable with a* **5/16" x 3/4" HEX HEAD BOLT (68)** *and* **5/16" NYLON LOCK NUT (71).**

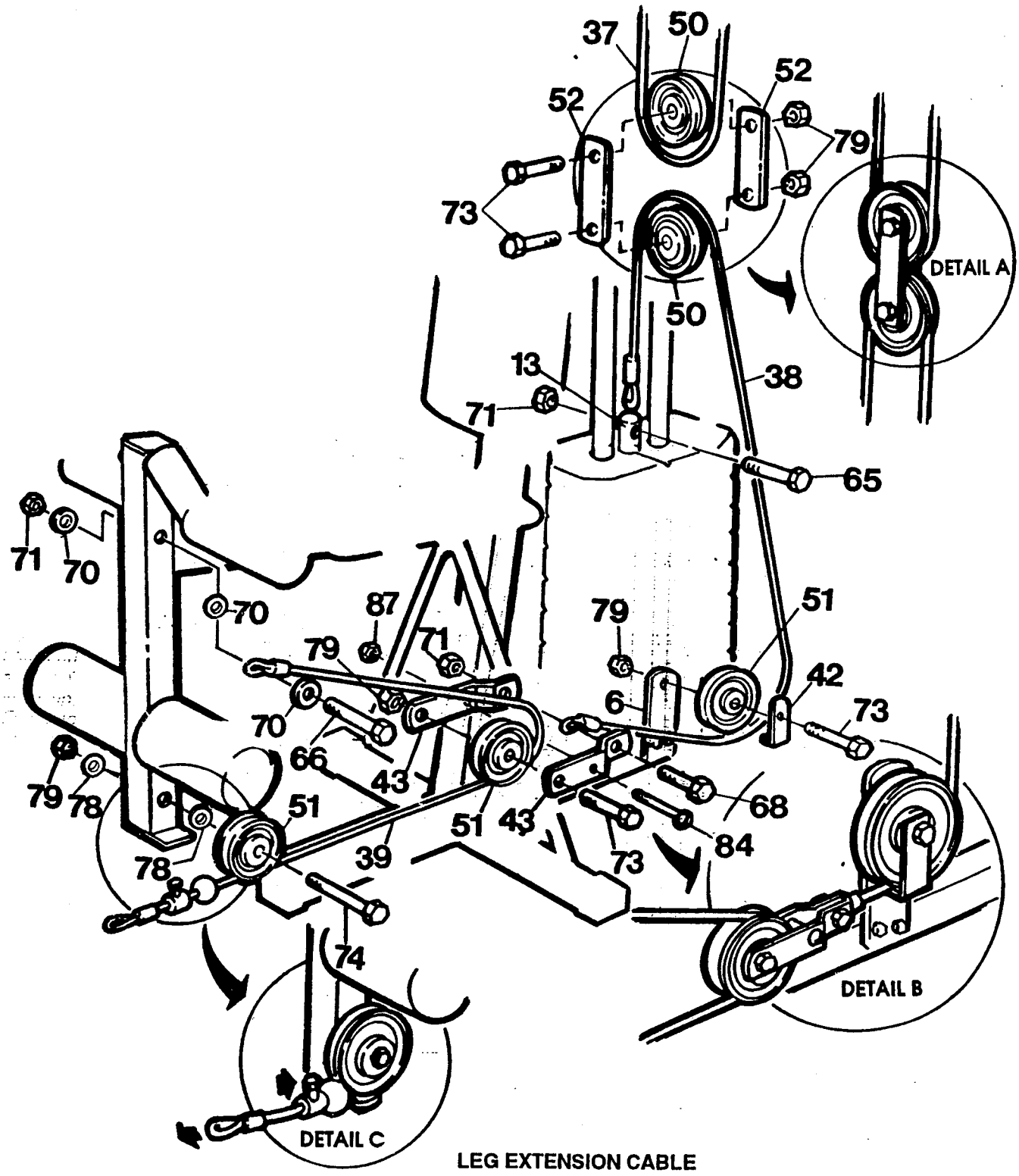
☐ *Locate the* **LEG EXTENSION CABLE (39).** *The Leg Extension Cable is 49" long and has a loop on one end and a Rubber Ball Stop and Sliding Cable Clamp on the other end.*

☐ *Connect the Leg Extension Cable to the upper section of* **LEG EXTENSION TUBE (17).** *Place a* **5/16" FLAT WASHER (70)** *onto* **5/16" X 2" HEX HEAD BOLT (66)** *and insert through the loop-end of the Leg Extionsion Cable. Place another* **5/16" FLAT WASHER (70)** *onto the bolt and insert the assembly through the hole in the Leg Extension Tube. Secure with another* **5/16" FLAT WASHER (70)** *and a* **5/16" NYLON LOCK NUT (71).**

☐ *Bring the Leg Extension Cable toward the rear and around a* **3 1/2" PULLEY (51)** *and bolt the pulley between the* **BENT PULLEY BRACKETS (43)** *using a* **3/8" x 1 3/4" HEX HEAD BOLT (73)** *and* **3/8" NYLON LOCK NUT (79).** *Fit a* **1/4" X 1 3/4" HEX HEAD BOLT (84)** *into the hole in the Bent Pulley Brackets that falls behind the Pulley and secure with a* **1/4" NYLON LOCK NUT (87).** *This bolt acts as a Cable Trap.* **SEE DETAIL "B"**

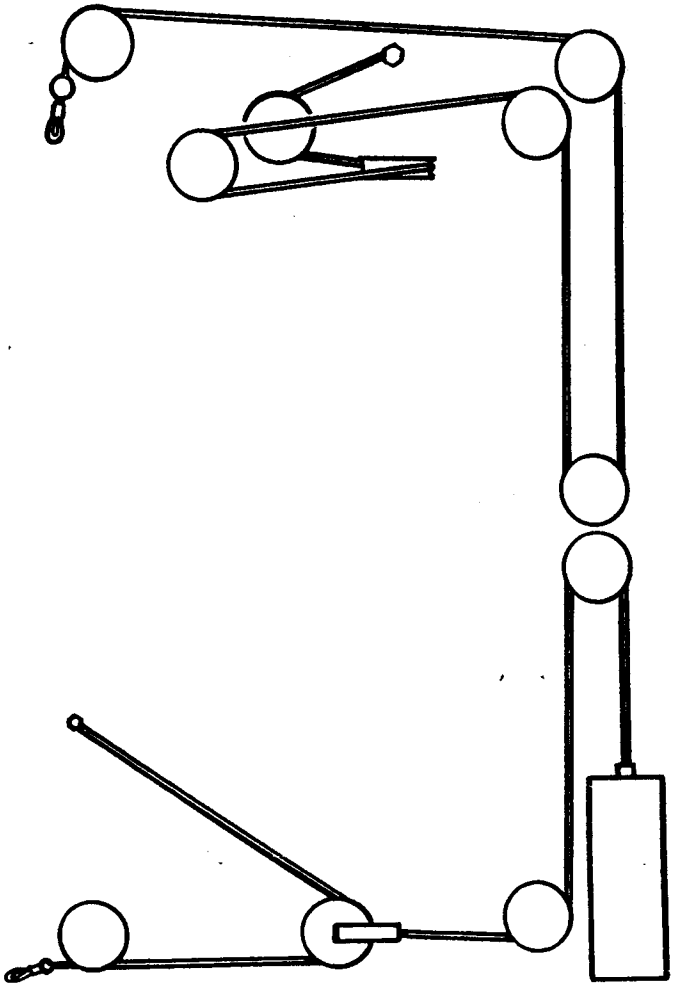
☐ *Bring the Leg Extension Cable forward and assemble onto the bottom of the Leg Extionsion Tube. so the cable is trapped under a* **3 1/2" PULLEY (51).** *Place a* **3/8" X 2 3/4" HEX HEAD BOLT (74)** *into the 3 1/2" Pulley and then through a* **3/8" FLAT WASHER (78)** *and attach assembly to the Leg Extension Tube trapping the Cable under the Pulley and secure with a* **3/8" FLAT WASHER (78)** *and* **3/8" NYLON LOCK NUT (79). SEE DETAIL "C"**

☐ *Checking to see that all cables are seated in the Pulley grooves, pull the Leg Extension Cable forward so all the slack is taken out of the cable system. Slide the rubber ball stopper back against the leg extension tube and snug the sliding cable clamp firmly against the the rubber ball stopper and tighten the hex bolt on the clamp securely.* **SEE DETAIL "C".** *With use the cables will stretch and you may have to re-set the cable clamp to take out any slack that develops.*

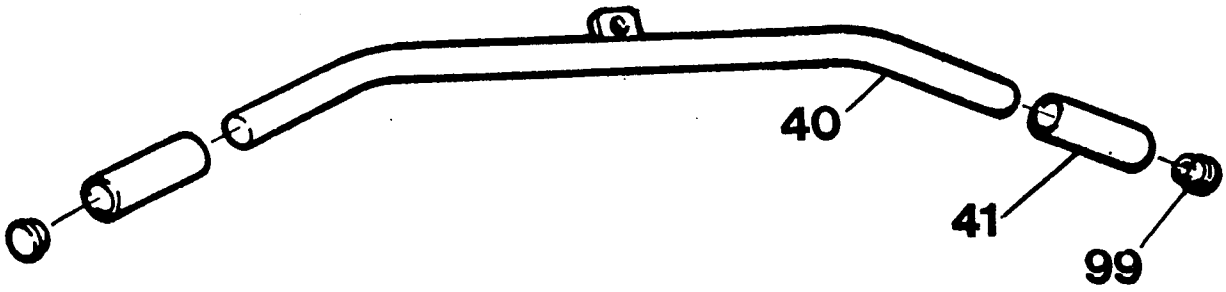


LEG EXTENSION CABLE

When assembling the Leg Extension Cable, make sure the end of the cable that is bolted to the pulley at the base of the Leg Extension has the crimped ferrule at the very end, then the sliding cable clamp with the hex bolt, and then the rubber ball stopper, IN THAT ORDER. If this order is not correct, then you must slide the sliding cable clamp and rubber stop to the opposite end. SEE ILLUSTRATION!



STEP 17 LAT BAR **ENTIRE CABLE ROUTING DRAWING**



☐ *To the* **LAT BAR (40)** *press* **1" ROUND PLASTIC CAPS (99)** *into each end of the Bar and assemble* **1" X 5" FOAM GRIPS (41)** *to the bar with the aid of a small amount of liquid dish detergent.*

☐ *To use the Lat Bar, connect to the Cable at the Top Frame with LATCH HOOK (89). This Bar is used to do all Lat Pull-Down Exercises.*

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

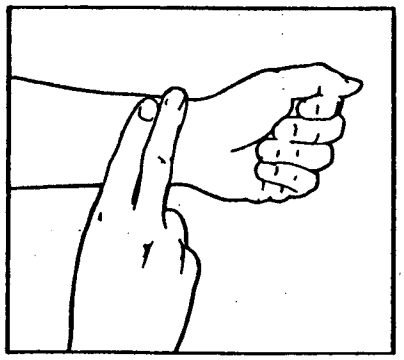
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.



HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

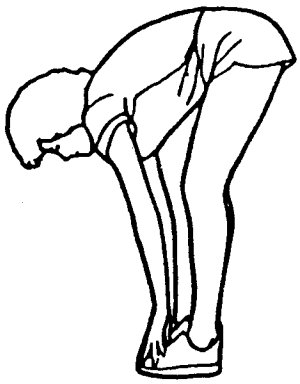
Stretches: Hamstrings, Lower Back and Groin



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

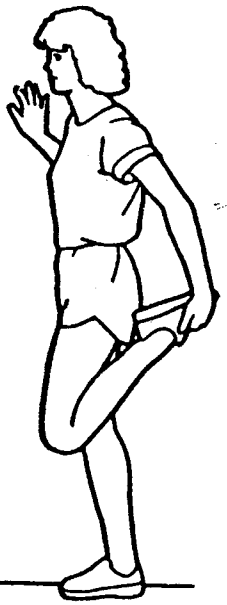
Stretches: Quadriceps, Hip Muscles



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

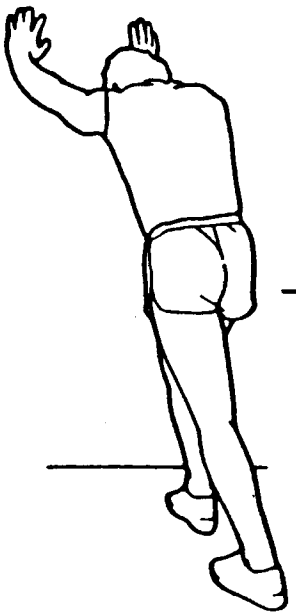
Stretches: Hamstrings, Back of Knees, Back



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring you heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN

YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHT BENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NO.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.